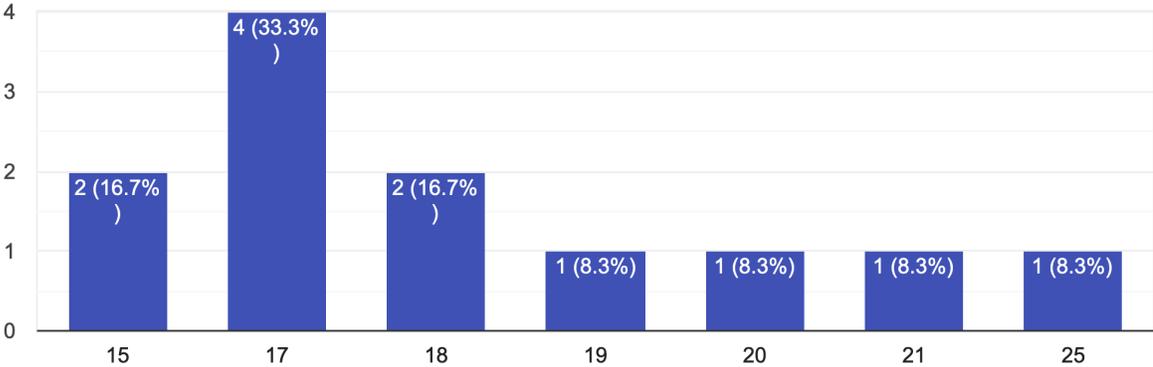


LWTA – East Asian Youth Mental Health Survey: Results

By: Chang (Richmond Green S.S.)

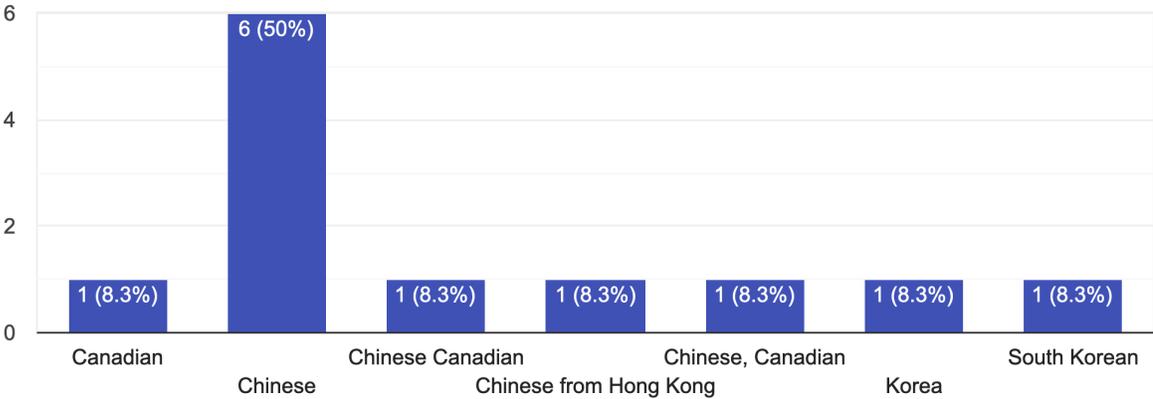
1. How old are you?

12 responses



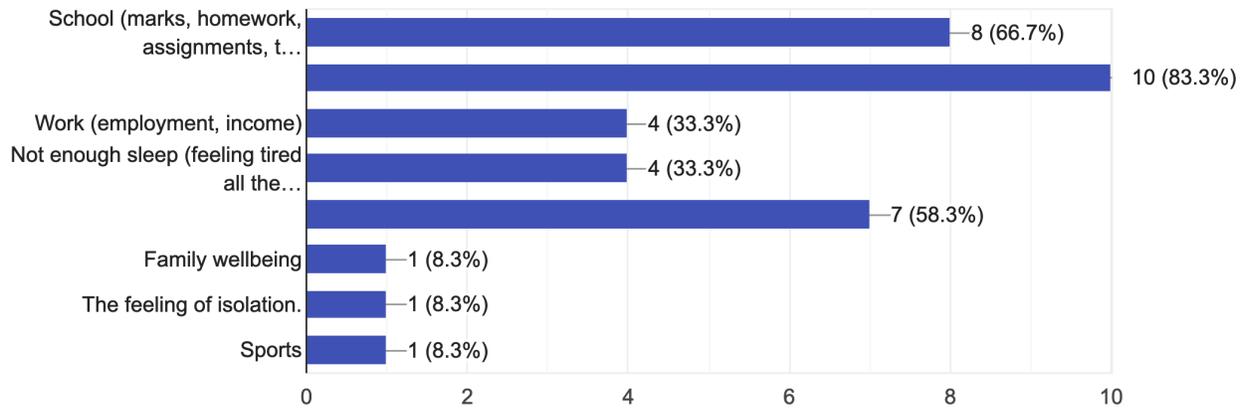
2. What is your cultural background?

12 responses



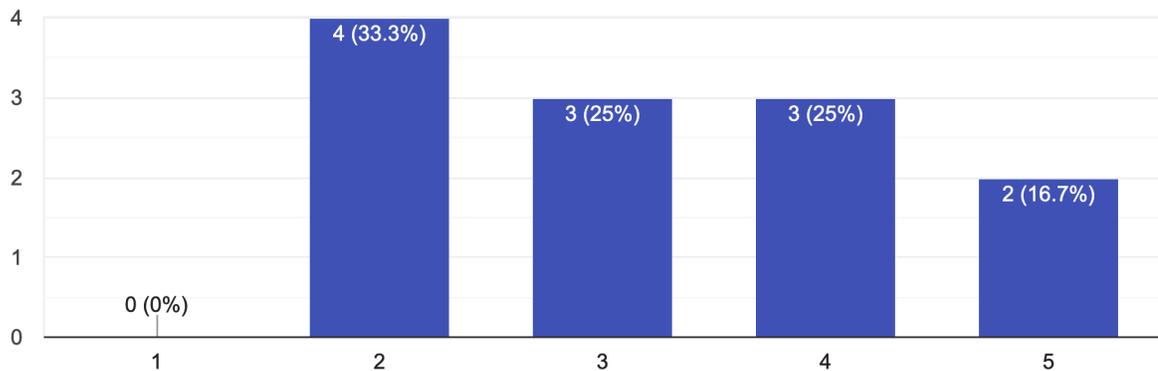
3. What are some daily stressors in your life?

12 responses



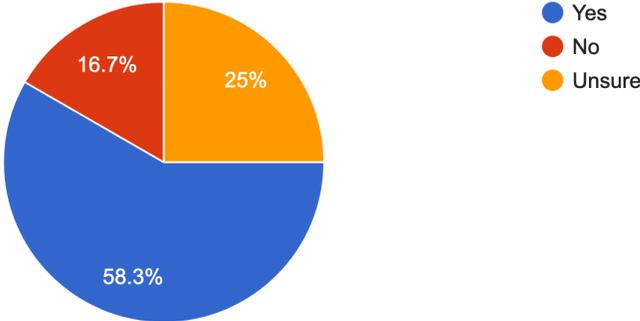
4. Consider where your mental health relates to your priorities. How often do you actively think about your own mental health?

12 responses



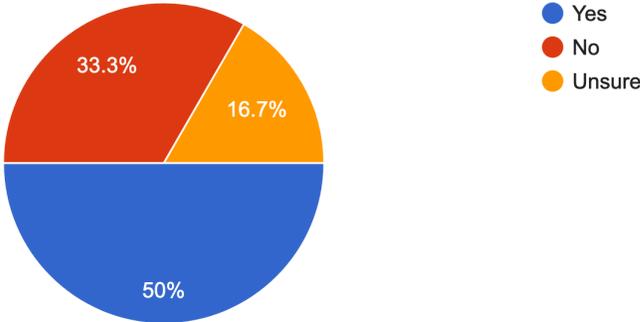
5. Do you think East Asians place less emphasis on the importance of mental health?

12 responses



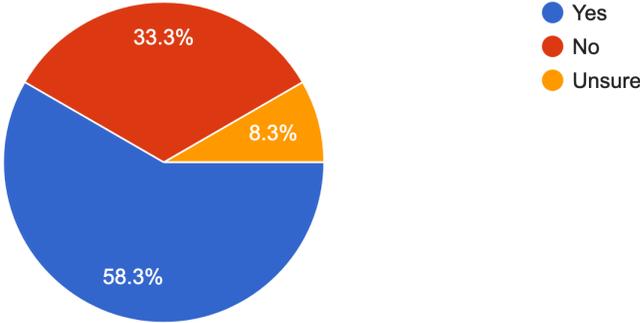
6. Do you think common East Asian stereotypes have an impact on your mental health?

12 responses

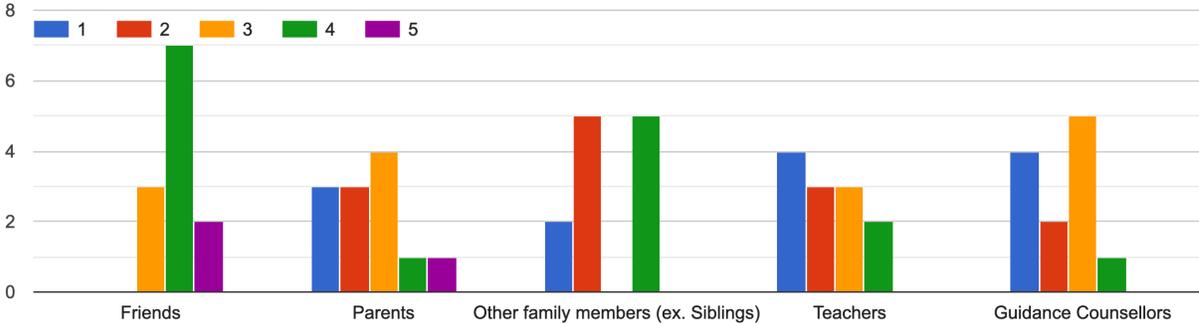


7. As an East Asian, have you ever felt awkward discussing mental health with those around you?

12 responses

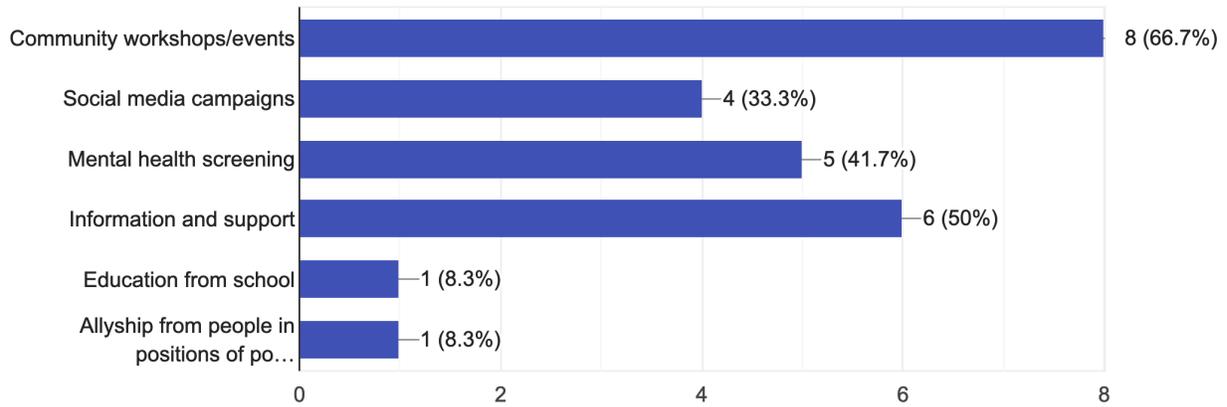


8. Rank the people below that you would feel most comfortable talking about your mental health to.



9. When it comes to improving mental health in East Asian communities, which strategies do you think would help?

12 responses



10. In one word, describe what you think the term "mental health" means from an East Asian perspective.

12 responses

- Stigmatized
- Feelings
- Not important
- Natural
- crazy
- Void
- Invisible
- normality
- Normal
- Mental well-being which entails cognitive, emotional, spiritual, social, and physical wellbeing
- mood
- As important as our physical health