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Podcast Tackles the Unspoken: Mental Health Challenges in Westchester's Asian Youth Population

[Westchester County, NY] February 18, 2025 – Westchester Children's Association (WCA) is proud to announce the release of a powerful new episode of "Ground Truthing," a podcast that provides policy insights from the ground up. This episode takes a deep dive into the critical issue of youth mental health within the Asian community in Westchester County. According to the organizers of the upcoming Global Mental Health in Asia Symposium scheduled for this month, "Mental health is increasingly recognized as essential to overall well-being, yet awareness, support, and resources are still lacking in many parts of Asia." This podcast explores the issues facing Asian youth with area experts as well as the resources available in Westchester.

Titled "Voices Unheard: Addressing Mental Health in the Asian Community," the podcast brings together influential voices including Ann Umemoto, Board President of WCA, Westchester County Legislators David Imamura and Jewel Williams Johnson, and Dr. Teresa Hsu, Clinical Psychologist and founder of SPEAK. Together, with host Limarie Cabrera, Director of Data, Operations and Finance for WCA, they explore complex themes surrounding identity, cultural stigma, and mental health challenges faced by Asian youth.

"Addressing mental health within the Asian community requires courage, understanding, and above all, a voice. Through this podcast, we aim to shine a light on the silent struggles and empower our community to seek help and offer support. It's time to change the narrative and provide a platform for those who feel unheard," said Umemoto.

Key discussion points include:

- WCA's Mental Health Fact Sheet that shows the status of Asian American children's mental health in comparison to their peers.
- The troubling statistic from the CDC that identifies suicide as the leading cause of death among Asians ages 15 to 24.
- Personal stories from community leaders who share their journeys and challenges dealing with mental health issues within the Asian community.
- Practical insights on how to support mental health initiatives and foster a supportive environment for the Asian community which numbers 80,000 in Westchester.

The podcast is a must-listen for anyone looking to understand the nuances of mental health issues in the Asian community and what can be done to help. It also offers a platform for community members to share their stories and foster understanding across different cultural backgrounds.

To listen to the podcast and learn more about the resources available for mental health support in the Asian community, visit <https://wca4kids.org/our-podcast/> .

About Westchester Children's Association

The Westchester Children's Association (WCA) is dedicated to promoting the well-being of all children in Westchester County, New York. By analyzing data and collaborating with both public and non-profit service providers, WCA addresses key issues and identifies current needs directly from the voices of youth and families. Founded in 1914, the WCA remains the only independent advocacy organization in the county, focusing on creating impactful changes through comprehensive programming, advocacy, and civic engagement to ensure every child is healthy, safe, and prepared for life's challenges regardless of race or zip code. For more information visit www.wca4kids.org

About SPEAK

SPEAK is a nonprofit organization started in Westchester County, New York, in 2024 after its founder discovered there was not a single mental health organization tailored to the Asian American community despite the county's rapidly growing Asian American population. This information, paired with the knowledge that Asian Americans don't like seeking help, as well as the worsening of symptoms during and after the height of the COVID19 pandemic, has led to increased concern by community members about the unmet mental health needs of Asian Americans in Westchester County. For more information visit <https://connecttospeak.org/>.

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