REPRESENTATIONAL BARRIERS

- Lack of representation in mental health initiatives, resources, etc
  - Leads to people of colour not choosing these professions
  - Model minority tropes as another contributing factor to this
- Media representations of mental health as experienced by white people
- Limited representations of mental health - unable to see people like you represented
- Need to see: representation of queerness
- Need to see: dimension of class
- Need: intersection of disability/ability politics

CULTURAL BARRIERS

- Mental illness being seen as a "character flaw"
  - Resources available are commonly in English and not in Asian languages
  - This can contribute to mental health being seen as a western issue
- Fear of us "crumbling into white supremacy" or assimilation
  - Need to keep "culture/tradition" alive
- Effects of histories and lived experiences of war, famine and communism
- Shifts in ways of thinking about mental health
- Asian male stereotypes
- Collective identity
- Individual identities put on a pedestal in western culture
- Speaking up is so valued in western culture
  - Recognizing silence as a way of communication
  - But also protest!
- Dichotomies with different cultures/races
- Asian Canadian stereotypes and mental health
- Negative emotions are viewed constructively in traditional Asian communities

INTERGENERATIONAL BARRIERS

- Admitting an "illness" takes a toll on the entire family
- Intergenerational silence
- Having elders put mental health and queerness back into the closet
- Inability to talk to parents - shared experience of having to turn to friends/peers = distance between parents widens
- Role of parents
- Hope and the role of youth
- Shared mental health issues with parents
  - Parents unable to access services
- Need: addressing of generational difference, ie: first/second gen
- Not wanting to label our family (parents') experience

MENTAL HEALTH LITERACY

- Mental health literacy
  - What are the tools?
  - Accessing more services?
- Inability to discuss because lack of terms/language
- How can we communicate our feelings and thoughts effectively with family and peers?
- Accepting the need to take a rest, and take care of ourselves
- Emotional appearance
  - Always needing to look happy/sound - being afraid of judgement
  - Idea of being happy = success
- Peers and friends: some topics are still taboo and uncomfortable
- More upfront / expressive communication