



ABOUT US

Founded in 2016 to address the unmet mental health needs in Chinese and Asian American communities, WAVES brings together **dedicated volunteers and professionals** to deliver culturally responsive education, support, and advocacy.

Our youth face unique challenges—silent struggles with mental health, generational and cultural gaps, stigma, and **limited access** to appropriate care. In response, we work collaboratively to empower families and advance **Wellness, Advocacy, Voices, Education, and Support**.

While we've made **meaningful strides**, our communities remain underserved, and **our work continues**.



CONNECT WITH US!

Want to **learn more** about WAVES & connect with us on **social media**? Scan the QR code here!



CONTACT US



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PO Box 852
Apex, NC 27502-9998



UCA WAVES

Wellness Advocacy Voices Education Support
美国华人联盟心理健康组织

A supportive and engaging community that fosters healthy and holistic development of our AAPI youths.

MHFA TRAINING

Bilingual Mental Health First Aid (MHFA) training helps adults recognize & respond to those experiencing mental health challenges.



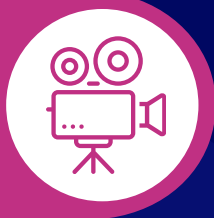
AAPI RESEARCH

WAVES researches Asian American & Pacific Islander health needs to advance equity, well-being & lasting systems change.



SILENT WAR FILM

Silent War, a powerful documentary, reveals Asian American families' stories & the hidden mental health crisis.



EDUCATE & TRAIN

We provide education & training that equip communities & providers with culturally responsive, language-appropriate tools.



WAVES VILLAGE

A bilingual peer-support network providing in-person and virtual culturally responsive support & empowerment.



CENTER YOUTH

WAVES Makers empowers Asian youth to lead, support, & advocate, building stronger connections for the future.



WAVES BY THE NUMBERS



1,284

Selfless Volunteers

83

Support Group Sessions
with 1,344 attendees

11

MHFA Sessions with
230+ participants

17,809

Blog Views &
Counting



WHAT
WE DO

SERVICES WE OFFER

Mental Health First Aid (MHFA)

Bilingual MHFA trainings offered in English & Chinese that teach community members to recognize, understand, and respond to mental health challenges.

Film Screenings

Curated screenings of *Silent War* and other WAVES films, paired with facilitated discussions to spark awareness and dialogue.

Peer Support

WAVES Village provides culturally responsive, bilingual peer-support from trained volunteers to foster empathy and empowerment.

Conference & Education Sessions

Workshops, panels, and trainings that equip providers, students, and community leaders with tools to address AAPI mental health.

Research & Evaluation

Community-based research that identifies AAPI health needs and informs strategies for equity, well-being, and systems change.