Asian Mental Health

Mental Health Summit
1:30pm Breakout Session

With the rise of Anti-Asian hate crimes and discrimination, mental health and well-being within API (Asian/Pacific Islander) communities have been disproportionately impacted. This workshop will highlight and give tips on managing identity-based stress and trauma due to racial and ethnic bias against APIs. Join us as fellow APIs and allies!

Presentation by: JaeHee Chung-Sherman, LCSW-S

See link in IG bio to register or visit https://www.eventbrite.com/e/mental-health-summit-2021-tickets-145873655029
Anti-Racist Allyship

Mental Health Summit
1:30pm Breakout Session

This workshop is for white-identified students, faculty, and staff who are interested in learning about racism and systemic oppression as well as identifying specific ways to engage in anti-racism and act as better allies to BIPOC. Resources around being an ally will also be shared out.

Presentation by: Erin Schrader, Ph.D. & Jenna Temkin, Psy.D.

See link in IG bio to register or visit https://www.eventbrite.com/e/mental-health-summit-2021-tickets-145873655029
The Road to Becoming a Therapist: AMA with SCC Interns

Mental Health Summit
1:30pm Breakout Session

The SCC’s doctoral interns will engage in honest dialogue about how they have experienced the intersection of student identities and mental health during the past year. Interns will also share the results of their "Ask Me Anything" on the UTD subreddit.

Presentation by: Alexandra Amersdorfer, M.S.; John Adams, M.S. & Kathryn Page, M.S.

See link in IG bio to register or visit https://www.eventbrite.com/e/mental-health-summit-2021-tickets-145873655029
PRIDE in South Asian Community

Mental Health Summit
2:40pm Breakout Session

In this presentation, presenters will discuss rich history of LGBTQ representation and rights in the South Asian communities. Presenters will share resources and discuss ways in which South Asians navigate culture and intersecting identities.

Presentation by: Prachi Sharma, Psy.D. & Matthew Windser-Johns, M.Ed.
(Galerstein Gender Center)

See link in IG bio to register or visit https://www.eventbrite.com/e/mental-health-summit-2021-tickets-145873655029
Black Mental Health Matters

Mental Health Summit

2:40pm Breakout Session

This workshop will focus on the unique experiences of Black individuals that impact their mental health, such as systemic racism and racialized violence. A focus will also be placed on ways to fight mental health stigma and overcome barriers to receiving mental health treatment.

**Presentation by: Aisha Evans, Ph.D. & Sasa Vann, M.S.**