

THE [re]VOICED COLLECTIVE

*Destigmatizing Mental Health within
the South Asian Community*



the [re]voiced collective is a digital archival education site focused on addressing mental health stigma within the South Asian second-generation community.

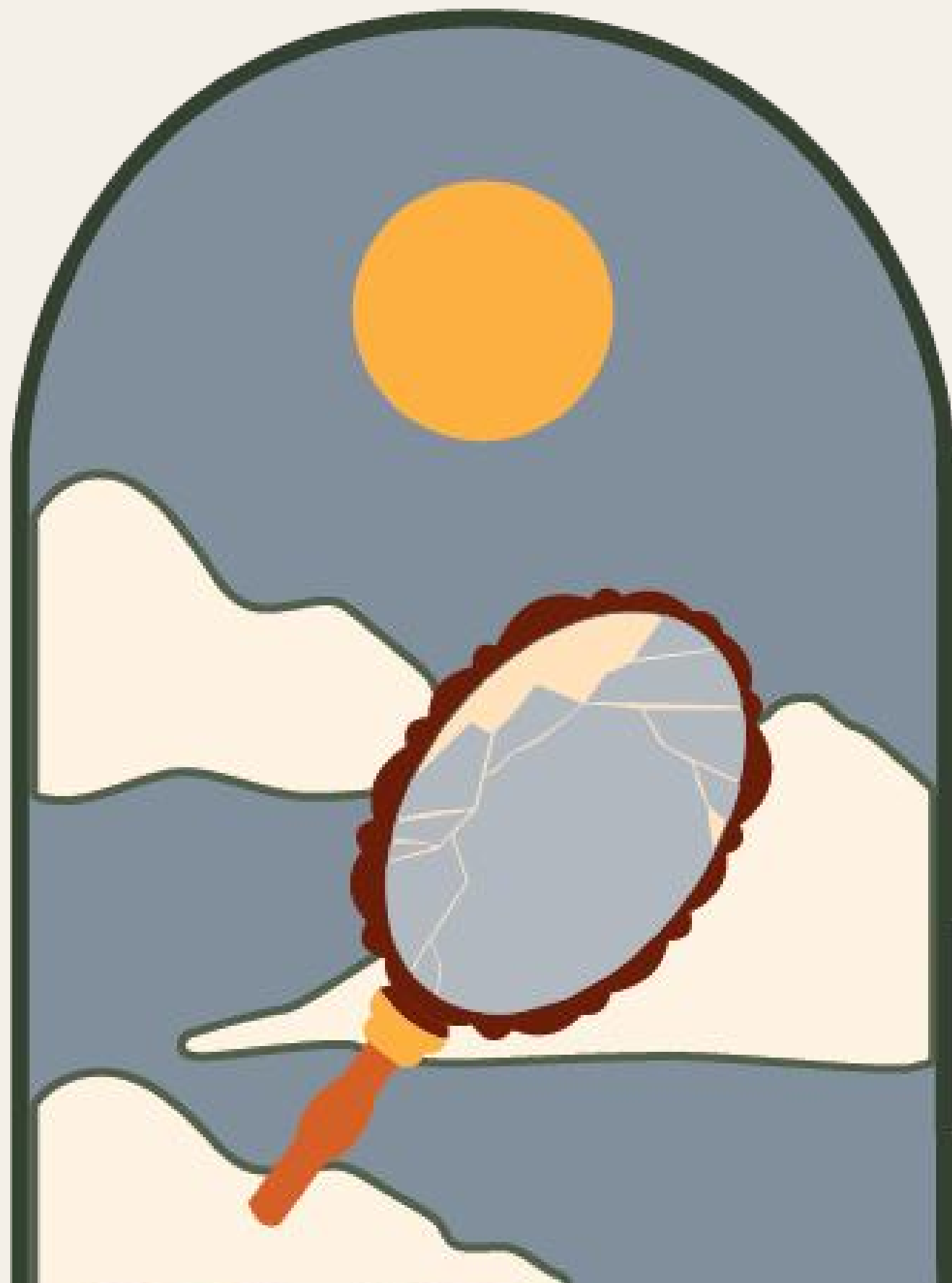
Through oral history interviews, it amplifies the voices of individuals as they share their personal experiences, navigating cultural challenges, identity, and mental health struggles.

Why this Project?

As a South Asian woman and second-generation immigrant, I grew up navigating silence around mental health. These experiences made me realize how deeply stigma is rooted in our communities. I wanted to create a space that not only addresses this silence but also reclaims our narratives in our own words.



Goals + Objectives of the Project



- **REDEFINE PERCEPTIONS OF MENTAL HEALTH**
- **AMPLIFY MARGINALIZED VOICES**
- **BRIDGE CULTURAL + GENERATIONAL GAPS**
- **FOSTER COMMUNITY + SOLIDARITY**
- **LONG TERM IMPACT**

Cultural expectations can often contribute to mental health struggles, as individuals may feel pressure to conform to societal norms while grappling with personal challenges. Additionally, there is often a lack of culturally sensitive mental health resources, making it difficult for community members to find appropriate support.

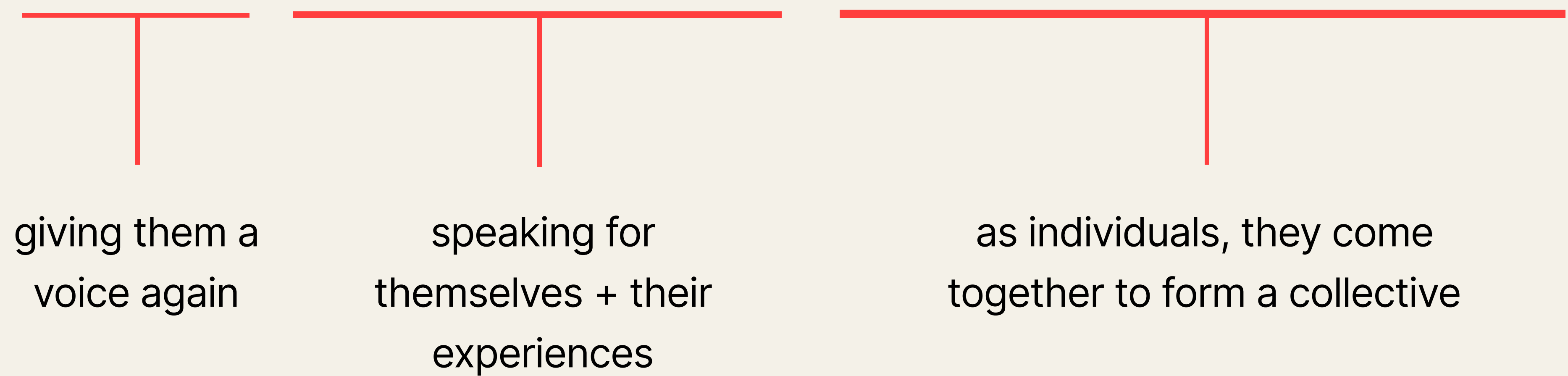
Problem Statement

As a result, they may experience anxiety and depression but are reluctant to seek help, fearing judgment or disappointment from their loved ones.

This creates a significant barrier to accessing support, perpetuating a cycle of silence around mental health issues.

Behind the Name

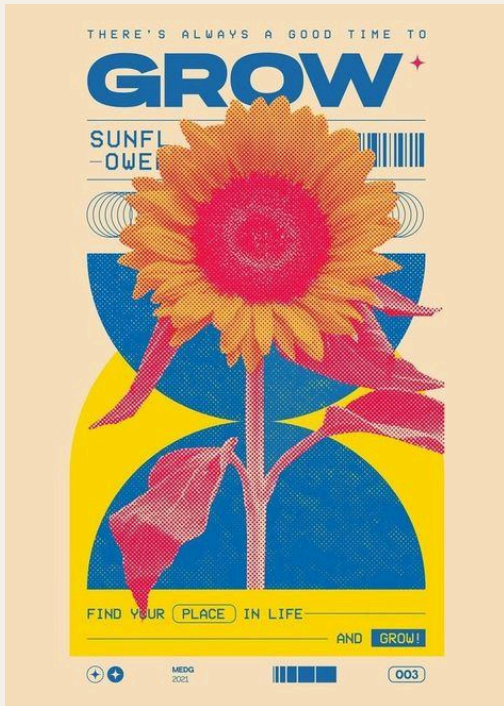
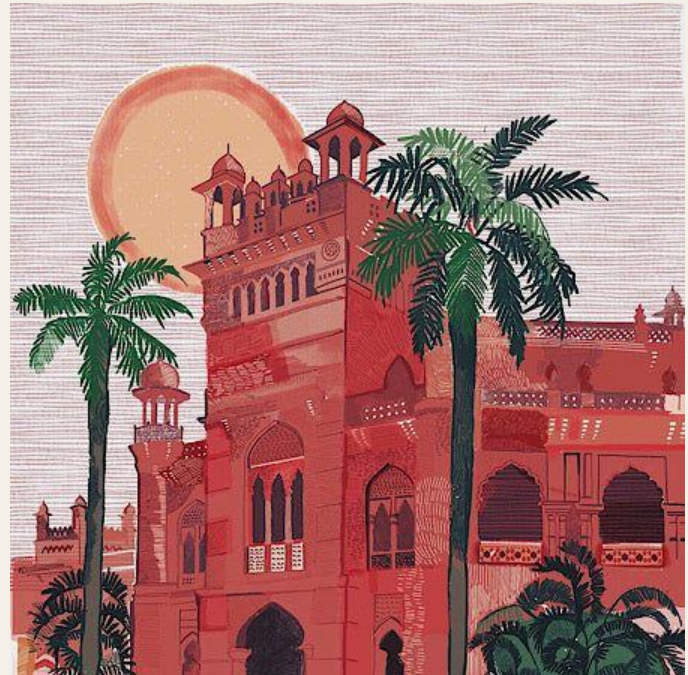
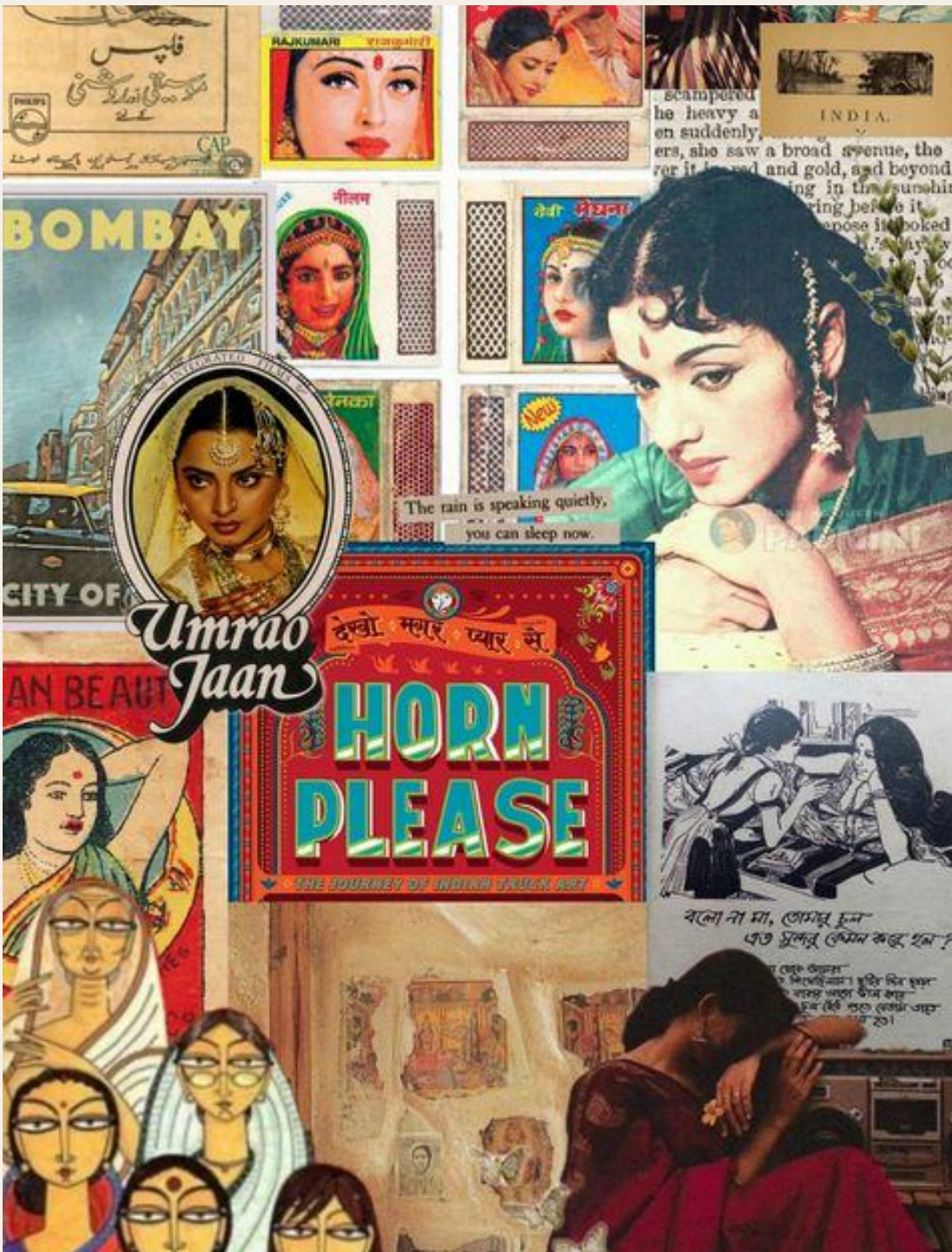
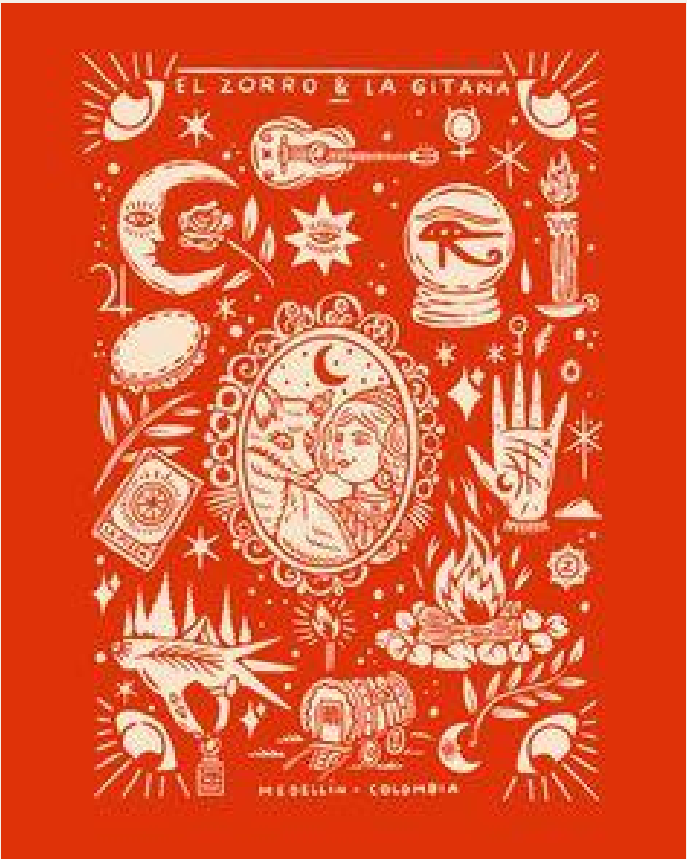
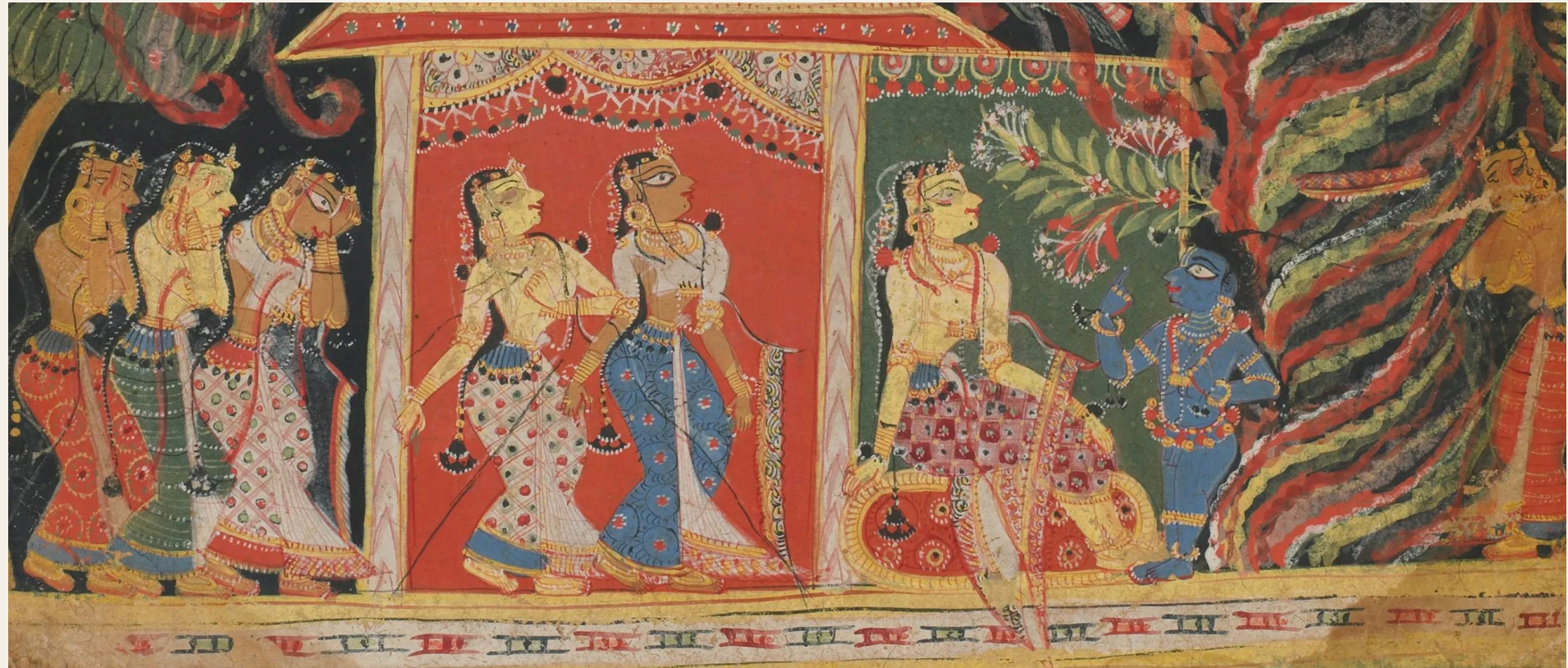
the [re]voiced collective



giving them a
voice again

speaking for
themselves + their
experiences

as individuals, they come
together to form a collective



Aa

Nari variable
Louder

Aa

Neug Asia Demo
Regular

Aa

Roboto
Semibold

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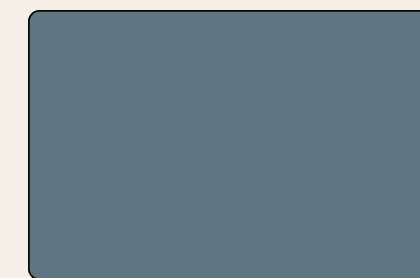
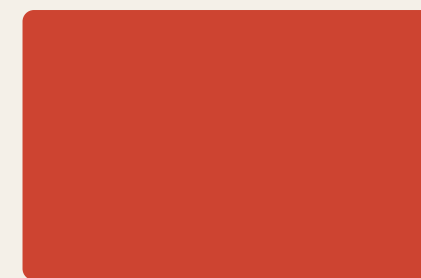
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Primary



Secondary



#F7E0DD —
10%

#EEC1BA — 21%

#E6A298 — 31%

#DE8376 —
41%

#D56453 —
52%

#CD4531 (BASE)
— 62%

#AB3A29 —
68%

#892E21 —
75%

#672319 —
81%

#441710 —
87%

#220C08 —
94%

#F8E4DA —
9%

#F0C9B5 —
19%

#E9AE90 —
28%

#E1936A —
37%

#DA7845 —
46%

#D25D20 (BASE)
— 56%

#AF4E1B —
63%

#8C3E15 —
70%

#692F10 —
78%

#461F0B —
85%

#231005 —
93%

#E5E8EA —
9%

#CAD1D6 —
18%

#B0BAC1 —
28%

#96A3AC —
37%

#7B8C98 —
46%

#617583 (BASE) —
55%

#51626D —
63%

#414E57 —
70%

#313B42 —
78%

#20272C —
85%

#101416 —
93%

#E2E4E1 —
11%

#C5CAC3 —
22%

#A8AFA5 —
32%

#8B9486 —
43%

#6E7A68 —
54%

#515F4A (BASE)
— 65%

#444F3E —
70%

#363F31 —
76%

#293025 —
82%

#1B2019 —
88%

#0E100C —
94%

Illustrations

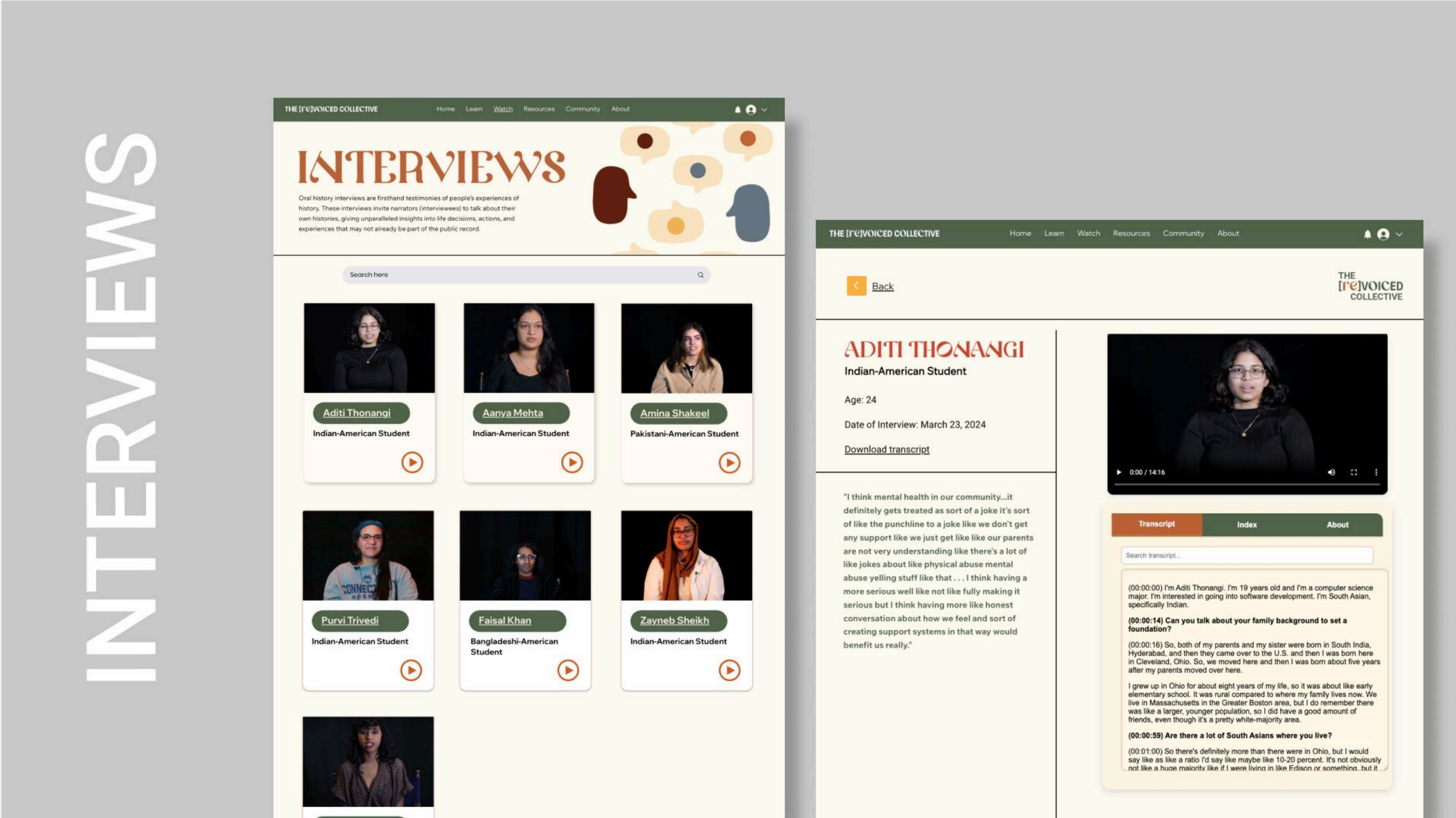


The Website

<https://www.therevoicedcollective.com/>



The Website – Oral History Archive



I conducted and edited over 10 interviews with second-generation South Asians

Themes included: anxiety, therapy, family pressure, gender, cultural shame

The site allows users to watch, read, or listen to these narratives

Each story is tagged by topic and made accessible in audio/video and transcript format

The Website – Educational Content

Includes resources about mental health definitions, stigma, cultural context

Features sections on gender, generational trauma, and bicultural identity

Interactive elements like myth vs. fact and visual storytelling



Thank you!