THE reivoiced 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

speaking for themselves + their experiences

giving them a voice again

as individuals, they come together to form a collective























Nari variable Louder





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Primary

Secondary	
#F7E0DD —	#F8
10%	9%
#EEC1BA — 21%	#F(19%
#E6A298 — 31%	#E9 28%
#DE8376 — 41%	#E1 37%
#D56453 — 52%	#D/ 469
#CD4531 (BASE) — 62%	#D: — ;
#AB3A29 — 68%	#AI 639
#892E21 — 75%	#80 70%
#672319 — 81%	#69 789
#441710 — 87%	#46 859
#220C08 — 94%	#23 932

#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 (BA — 65%
#444F3E — 70%

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#293025 — 82%

#1B2019 — 88%

#0E100C — 94%



Illustrations





The Website





https://www.therevoicedcollective.com/



The Website - Oral History Archive

SHERVER



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

awareness regarding mental health symptoms. In many cases, members of those mmunities may fail to recognize the presence of even severe mental health symptom eople in South Asian communities are now more likely, in general, to discuss mental alth their parents and other adult members of the family may not fully recognize the Modern Shifts LEARN nong South Asian Increase awareness through globalization & social media What is mental health? EARN ccording to the world health organization (WHO), menta \mathbf{X} health is a state of mental wellbeing that enables people to cope with the stress of life, realize their abilities, learn well ind work well, and contribute to their community Mental health is a There is better access to healthcare basic human right. And it is p. resources crucial to personal, community and socioeconomic development. Cultural Perspectives Intergenerational Oftentimes, in South Asian families, individuals can feel th J. Dialogue essure to sacrifice their personal desires for the expectations of their family. Historically, there are a number of reasons why could possibly be stigmatized within the Sou Asian community including the following concept Collectivism Resiliency Stigma & Myths re to sacrifice their personal desires for the expectation their family. Historically, there are a number of reaso Myth Truth R



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!