

Sakhi for
South Asian Women
NYC

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*Mental Health and the South Asian Immigrant Community:
Trends, Barriers, & Best Practices*

Introductions

Name

Role + Organization

One way you practice self-care in your own life

Sakhi for South Asian Women

Mission Statement

Sakhi for South Asian Women exists to end violence against women. We unite survivors, communities, and institutions to eradicate domestic violence as we work together to create strong and healthy communities. Sakhi uses an integrated approach that combines support and empowerment through service delivery, community engagement, advocacy, and policy initiatives.

Programs

Domestic Violence

Sexual Assault

Economic Empowerment

Community Outreach & Engagement

Youth Empowerment

Women's Health Initiative

Policy Advocacy

Workshop Objectives

- Highlight issues faced by South Asian community in context of DV + SA + mental health
- Identify positive strategies for change
- Show how Sakhi best practices are applicable to all communities and other culturally specific organizations
- Explore client stories + experiences / questions as advocates

Group Norms & Expectations

Sakhi Client Profile

- Age
- Educational Backgrounds
- Ethnic / Racial Backgrounds
- Languages Spoken
- Immigration Status

Family Status

Mental Health & The South Asian Immigrant Community

- Stigma
- Silence
- Cultural norms
- Mental Health + Gender
- Link to language

Sakhi Best Practices + Findings

Chai & Chat

Mindful Saturdays

Culturally / linguistically aware counseling

Why are these successful approaches and
how can they be used by various communities?

Small Group Exercise Guiding Questions

1. What stands out to you about this story?
2. What are some of the barriers concerning mental health that affect people we work with?
3. Are there similarities to what you see in your own work?
4. What can this story illuminate about how we should be thinking about mental health in our work?

Closing

Share one thought / reflection as you leave
the space today!