Even against a backdrop of hate

Generations of Activists have fought against oppression and injustice
They paved the way but the work isn’t over
Now it's up to our communities to stand up and fight back

*AMA-ZINE MENTAL HEALTH
Dear Readers,

We’re so excited to share with you all “Ama-zine Mental Health,” presented by the members of Youth MOJO. Youth MOJO (Movement of Justice and Organizing) is a youth-rooted program founded by the Chinese Progressive Association (CPA)’s youth leaders. It’s centered around leadership development and the breakdown of social issues heavily impacting the community (e.g. healthcare, education, immigrant & worker rights). This summer, we focused on mental health by creating a zine together. With the overall purpose to break the stigma surrounding youth mental health, we have shared some of our personal stories, the statistics & resources regarding youth mental health, and more—all available in this zine.

We envision an authentic space allowing young people to feel safe being vulnerable and open. With this zine, we hope to create youth solidarity around mental health and promote our collective healing.

With love & thanks,
Youth MOJO

ABOUT CPA

Founded in 1972, the Chinese Progressive Association (CPA) educates, organizes and empowers the low-income and working-class immigrant Chinese community in San Francisco to build collective power with other oppressed communities to demand better living and working conditions and justice for all people.

ABOUT MOJO

In 2009, youth leaders within CPA founded Youth Movement of Justice and Organizing (MOJO). Youth MOJO is a leadership development program meant to empower and mobilize high-school aged youth, with a focus on low-income Chinese Americans. Youth MOJO leaders have worked on social issues affecting them and their families, fighting for improved access to healthcare, immigration and workers’ rights.

Youth MOJO supports high schoolers as they develop and strengthen their leadership, public speaking, communication, advocacy and organizing skills. Youth MOJO meets weekly during the school year and offers summer programming.

Scan the QR code to sign up for MOJO! →
SUMMER 2023 MOJO MEMBERS

Amy  Ryan  Gary
Aywin  Stephanie L.  Stephanie H.
Chi Chun  Sabrina  Anjolie
Ella  Salem  Vivian
Iris  Sam  Victor
John  Xiaolin  Vincent
Laura  Simon  Nicole
Michael  Wayland  Rita
Rich  Claire  Terrence
Ruyi  Edwin

SPECIAL THANKS TO

meesh  Emily X.
Fei  Billy
Emily M.  Cynthia

Special thanks to my best friend Zurisadai Astacio for pulling an all-nighter with me to make the cover ❤ Mojo and I love you!!
– Amy

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Michael’s Submission

Mental Health Further Reading Resources

QR Code to Mental Health Survey

Sources Used

List of Contributors and Special Thanks

About CPA (and How to Join MOJO)

Back Cover Art by Sam Foley

Below are sources used for various submissions to the Ama-zine Mental Health Zine:

- “Get Help Now—Emergency Mental Health Resources”
  psycom.net/get-help-mental-health

- “Infographic: School attendance and mental health disorders”

- “The Role of Family and Friends”
  seemscotland.org/stigma-discrimination/the-role-of-family-and-friends

- “Fact Sheet: Mental health of adolescents”
  who.int/news-room/fact-sheets/detail/adolescent-mental-health

- “11 Facts About Mental Health”
  dosomething.org/us/facts/11-facts-about-mental-health

- “Adolescent and School Health”
  cdc.gov/healthyyouth/mental-health/index.htm

- “Fact Sheet: Suicide”
  who.int/news-room/fact-sheets/detail/suicide
Please Consider Taking the Ama-zine Mental Health Zine Post-Survey!

Mental health affects the lives of many SFUSD youth and we would like to know how aware you are of your mental health. Mental health refers to the overall well-being and functioning of an individual's mind, emotions, and behavior, encompassing their ability to cope with everyday challenges, maintain healthy relationships, and adapt to stress and adversity.

NOTE: This survey is intended for students who attend a SFUSD school.
Mental health is an important aspect of life. It involves a person's emotions, socializing with others, living in the society, caring for one another, and self-love etc. When mental health is affected, things like depression will happen and you will lose your mind and feel negative about yourself because you aren't capable of doing anything as your mental state is negatively affected. When things like this happen to people, the best way to get help is asking for help because a first step needs to be made before anything else and people won't know help is wanted until you ask for it. People like therapists, friends, family, and teachers are examples of who to reach out for because you may feel comfortable with them. In addition, it is important that you have a positive mindset and constantly try to do fun things because it will distract you from the negative things.

Specific Resources:
- Anxiety and Depression Association of America:
  - ADAA offers resources to help those struggling with their mental illness, like free webinars and articles about various disorders, information on different kinds of therapy, peer-to-peer assistance, and help finding therapists.

- Eating Disorder Hope:
  - Eating Disorder Hope offers information specifically about eating disorders and treatment for eating disorders, along with different tools and resources for support.

Multilingual Resources:
- This Way Up:
  - This Way Up has resources on how to deal with emotions, how to calm emotions, express yourself, and tackle problems in multiple languages.

- Camh:
  - Camh has resources on how and when to ask for help specifically for people for whom English might not be their first language.
Resources for Further Reading on Mental Health
Compiled by Sam and Salem

General Resources:
- Substance Abuse and Mental Health Services Administration:
  - SAMHSA is a general resource from the government that has links to hotlines and also many articles (more academic on mental health issues).

- The Tribe:
  - The Tribe offers a peer-to-peer online support group for teens dealing with mental health challenges and or complicated family dynamics.

- Society for Adolescent Health and Medicine:
  - SAHM has many online resources for various mental health challenges for teens and young adults.

We should care for youth mental health
Free Mental Health Clinics in San Francisco for Teens

- San Francisco Teen Clinic (415) 532-3870
  - 250 Shotwell St, SF, CA 94110
  - Health education, family planning, STI check, etc.

- Dimensions Youth Clinic (628) 217-6919
  - 3850 19th St, SF, CA 94114
  - Birth control, mental health, substance abuse, counseling and specialized services for transgender youth

- Balboa Teen Center (415) 464-4812
  - 1000 Cole St, SF, CA 94112
  - Primary care, sports program, and substance abuse counseling

- Cole Street Youth Clinic (415) 751-8187
  - 333 Cole St & Haight
  - Emergency contraception, birth control counseling

- SF 24/7 Drug Line (415) 382-3400
  - Asian Pacific Islander Youth and Family Advocates (916) 775-2115
  - Multiracial Therapy to address mental health stigma, limited access to linguistically and culturally appropriate services, and co-factors surrounding API youth and LGBTQ youth

- LGBTQ+ Support Services (916) 775-2115

- SAT NO TO DRUGS

- AARON PILL

By Michael He
MENTAL HEALTH
* From 5,041 Surveys from grade 1-12 about school attendance & mental health:
  - 1 in 7 children met the diagnostic criteria for a mental disorder.
  - 56% of absences for children with a mental disorder were due to mental illness.
  - 17.3 was the average number of days absent for children with a mental disorder.
* US workers:
  - 37% work productivity was impacted due to mental health issues.
  - 61% work environment contributed to mental health issues.

HOW CAN YOU HELP THEM???
They can call:
- 988
- 1-800-950-NAMI
- 1-800-622-2255
- ETC.

How to help your friends and family:
- Offer support
- Listen without judging
- Be patient
- Encourage professional help
- Provide resources
- REMIND THEM THEY AREN'T ALONE!!!
Meritocracy and Us
By Salem Choy

Meritocracy *mer-i-toe-ra-ky* (noun)
Government or the holding of power by people selected on the basis of their ability.

Most likely, you don’t really know what that word means, meritocracy. Maybe you’ve heard it brought up before, or maybe this zine is the first time you’re hearing it. But even if you aren’t aware of meritocracy, it can be an overbearing shadow in your life, an almost physical presence with how much it affects your day-to-day activities.

If you’re like me, your life is defined by small letters on a piece of paper given out four times a year, once at the middle and the end of each semester. An arbitrary value attached to the first couple of letters in the alphabet. Letters that could make or break my sense of worth or pride for the next couple of months. Some were good and some were bad, and the power they held over me made it so my own worth was defined by whether I got a good or bad grade.

But meritocracy doesn’t stop after you leave school. What college you went to, if you went to college, or if you have your GED can be used as units of worth that people use to define and judge each other. Coworkers, employers, friends, family, and strangers think they know you and what you’re worth as a human being just by knowing those few facts about you.
Mental Health

7.7 million children and youth are affected by mental health issues. Less than 20% receive appropriate treatment.

1 in 5 people aged 13-18 have or will develop a mental health issue in their lifetime.

Suicide is the fourth leading cause of death among 15-29 year-olds.

How to help

- Establish healthy routines; getting enough sleep, practicing mindfulness and relaxation techniques.
- Seek support from trusted friends, family members, or mental health professionals.

Whether or not you have a job, what job you have, how good you are at it. What we get, and what others think we deserve to get is measured by these standards. How much power we are given in society, by society, is based on assumptions made about our ability. But these facts don’t share the whole story. You can’t tell someone’s struggles from these constructed units of merit. You can’t tell how much someone fought by how many achievements they have. In a world in which there is a continuous flood of forces working against people, how can we be the ones to assume what people are worth based on the existence of some words on a page?

However, the reality is that we do. Meritocracy gives us reasons to look down on others who have achieved less. It lets us judge them and believe that because they achieved less they deserve less than others who have achieved more. We ignore the other existing factors, white supremacy, poverty, racism, capitalism, generational wealth, sexism, and mental health struggles, just to name a few. With meritocracy, we disregard all of that and look at someone who didn’t achieve as much as someone else and label them as lazy, failures, and deserving of fewer benefits than others. Meritocracy is a system in which inequalities are justified on deservingness. This system pits all of us against each other, each of us, who at our core, are all just human. And meritocracy doesn’t just impact how we view and treat others, it can impact how we see ourselves.

Numerous studies have shown that not only is meritocracy linked to increasing stress, anxiety, chances of burnout, and depression, but it also contributes to the stigmatization of these mental health issues. We live in a
world in which our worth is measured by our successes, so what happens when we fail? Because we’re human, we have bad days, we make mistakes, and even if we try our best, the forces against us and the nature of our existence make it so that we will undoubtedly fail over and over again. In a meritocratic world, we’re the sum of our best and worst moments. Our achievements or lack thereof. A mathematical equation determining our value based on points collected throughout our lives. A grade.

But I refuse to believe that who we are is summed up by a resume, a diploma, or a report card. Those pieces of paper are faulty instruments unable to see the bigger picture, and they shouldn’t determine how much we deserve to be given from life. There is no way to measure kindness, generosity, resilience, or hope. In a meritocratic society, our lives are determined by our highs and lows, but it’s the moments in between that make it worth living. The kindness we give to strangers or the actions we take for those we love. You are more than your merits, more than a letter on a page. You are a galaxy of continuous and conflicting thoughts, feelings, and experiences. You deserve to have power over your life.

No one should be solely defined by how well they played a rigged game.
Mental Health

We deserve them!

22% of High School Students have considered suicide in 2021.
5% of Violent Acts are caused by Mental Illness.
48% of all youth don’t know where to receive mental health services.

Meritocracy and Model minority myth's affects on Mental Health

Meritocracy: the ruling or influence of educated or highly skilled people. Model minority myth: The stereotype usually set down that they are successful, well-adjusted, and in need of social or economic assistance.

Here are some of the many ways that meritocracy and model minority myth can affect the youth:

1. Cultural and Family Expectations: In many cultures, there are strong expectations for youth to excel academically. While these expectations may be well-intended, they can also cause immense pressure on the youth.

2. Internalized Pressure and Stigmas: The pressure to conform to the model minority stereotype can lead to internalized pressure to succeed at all costs. This might also be stigmas surrounding mental health issues within the community, making it difficult for youth to seek help and support.

3. Discrimination and Microaggressions: Both meritocracy and model minority myth can create harmful stereotypes against marginalized communities. Experiencing discrimination or feeling like an outsider due to these stereotypes can lead to feelings of worthlessness, depression, and anxiety among youth.

4. Lack of Support and Understanding: The model minority myth can lead to a lack of recognition and understanding of mental health struggles in communities, resulting in insufficient support and warning issues.

5. Imposter Syndrome: Youth experiencing any of these issues may also experience imposter syndrome, feeling like they don’t belong or that their accomplishments are not genuine, impacting their mental well-being.
Jimmy said, "I need a break from politics. It's been exhausting. I just want to be a normal person for a while." He decided to take a sabbatical and explore new interests. "I'm going to try painting," he said. "It's something I've always wanted to do."
In 2021, a friend invited me to paint what I want healing could look like.

I didn’t know where to start - there was too much to say, too many years of unspoken truths erupting, an intensity of personal + collective grief present with the pandemic and many more atrocities - all aching to be expressed in ways I didn’t have words for.

Where do I begin?

I asked my body + spirit for guidance as I painted.

This watercolor painting became a map
To re-member and re-trace ourselves
within violent systems designed to disconnect us from the root of who we are

Self is crossed out as a reminder that I/we do not heal in isolation - we are deeply connected

my/our emotions are treasures + powerful guides leading me/us to deeper awareness + healing.
They are compasses to the new worlds we are building.

maraming salamat (thank u) to all the soulful beings who I have learned from and am learning alongside
how to co-create, practice, and choose
love + home + safety in our bodies and with our communities
through deep listening, repair, play, and movement

May this painting remind you/us of the medicine that lives within
your bodymind, roots, feelings, and
in our interconnected being

How to come back to self *kapwa*

Step 1. Start at the roots
Trace them, get intimate with their depths
Grieve them: Let them lead you
Until you reach source
Let the medicine of feeling Heal you. Let it Grow you.
Turn your breath into sound + song
And movements to Dance. You have returned ~

*kapwa* Tagalog (Filipinx language) core Pilipinx concept that highlights interconnectedness + shared inner self
Mimi loved A more than anything.

But life's fragility so... become

If the feeling of home could be, defined

It's presence would encase it.

Lift the medicine of feeling heal you.

Let it grow you.

How to come back to self:

KAPWA

Step 1: Start at the roots

Trace them out.

Get intimate with their depths.
Transitioning back to the real world was hard.

Everyone seemed to move on, except Mimi.

People were okay with a sad Mimi at first.

I'm here if you wanna talk. I'm so sorry for your loss.

Wow I hope you find peace. He'll watch over you.

But after a year, she was expected to get over it.

Plan your death. And mine.
Mindfulness to fall asleep (what works for me)

Lay down in a comfortable position, which can look like laying flat, to the side, or just any position where you sleep in the most. Release tense muscles.

Pay attention to the sensations of your body as well as your breath. This gives you something to focus on other than your non-stop thoughts.

If your mind wanders, just catch that thought and refocus on your breath and let it go.

I found that listening to a guided grounding/meditation/breathing video is similar to this, so you can start off with a guided version then do it yourself!

- For me, I found that by imitating the voice in my thoughts, it has the same effect.
+ D + Good Sleep +

PRACTICES +

Mind wandering? Can't sleep? Here's what I do or

my solution:

1. Set 15 minutes of time away from electronics before you sleep. I like to journal, doodle, read, or fidget with something. This can also be the time you spend preparing to sleep, like brushing your teeth and having a spa day (skin care, etc.)

2. Turn off all lights and keep light out. Blackout curtains, a sleep mask, or sometimes even putting your arm over your eyes are all things to totally black out your sight.

3. Focus on your breath instead of wandering thoughts. Let them flow out like a river, because if you wander

4. Release tension. You can do this by relaxing your muscles. Eyes, arms, legs, jaw, etc. Relax them all! Taking a deep breath helps.

Sometimes, we just feel stapled together, barely holding on.

1/3 of US adults suffer from mental health
**Today I Am Grateful For:**

1. Family, friends, community, old ones who show me what is possible!
2. Enoki Collective - for the mutual support, safe & vulnerable space & encouragement.
3. Me! For being brave & doing the uncomfortable things & choosing myself even when it's hard.

---

**My Top 5 Tips For Dealing With My Mental Health:**

#1: CRY ABOUT IT. ☹️

#2: SIPS OF GRATITUDE - think of one thing you are grateful for with each sip of your drink.

#3: LIGHT A CANDLE 🕯️ (release your worries as you blow it out!)

#4: BOX BREATH (inhale 4s, hold 4s, exhale 4s, hold 4s, exhale 4s)

#5: TIME FOR ME! 🙋‍♂️ - rest! - run! - needs!

---

It took me a long time to realize that I struggled with my mental health. Even longer to identify that what felt like unending traumatic experiences, exacerbates the mental health challenges & trauma I inherited from my family. I wasn't able to realize this without friends who make me feel safe, who care about me enough to want better for me. So many loved ones have guided me to loving & caring for myself; I never would have been able to do this alone, and I still can't. What continues to take the largest is feeling truly worthy of healing, care & dedication. It takes to generate love from within.
My tips for dealing with my mental health:

1. Cry about it. It took me a long time to realize that I struggled with my mental health. Even longer to identify that what felt like unending traumatic experiences exacerbates the mental health challenges I inherited from my family. I wasn't able to realize this without friends who make me feel safe and who care about me enough to want better for me. So many loved ones have guided me to loving and caring for myself, I never would have been able to do this alone, and I still can't what continues to take the largest is feeling truly worthy of healing, care, and dedication it takes to generate love from within.

2. Gratitude. Every think of one thing you are grateful for with each sip of your drink.

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- Release your worries as you blow it out!

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5. Time for me!

- Rest! - Plan! - Need!
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Laura Huang
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Mimi loved A more than anything.

If the feeling of home could be defined, his presence would embody it.

They planned their future. Mimi couldn't imagine hers without him in it.

but life's fragility soon became apparent. Maybe it became too much for him? Regardless, Mimi's best friend is not coming back.
In 2021, a friend invited me to paint what I want healing could look like.

I didn't know where to start - there was too much to say, too many years of unspoken truths erupting, an intensity of personal + collective grief present with the pandemic and many more atrocities - all aching to be expressed in ways I didn't have words for.

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How to help

• Establish healthy routines; getting enough sleep, practicing mindfulness and relaxation techniques.
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Whether or not you have a job, what job you have, how good you are at it. What we get, and what others think we deserve to get is measured by these standards. How much power we are given in society, by society, is based on assumptions made about our ability. But these facts don’t share the whole story. You can’t tell someone’s struggles from these constructed units of merit. You can’t tell how much someone fought by how many achievements they have. In a world in which there is a continuous flood of forces working against people, how can we be the ones to assume what people are worth based on the existence of some words on a page?

However, the reality is that we do. Meritocracy gives us reasons to look down on others who have achieved less. It lets us judge them and believe that because they achieved less they deserve less than others who have achieved more. We ignore the other existing factors, white supremacy, poverty, racism, capitalism, generational wealth, sexism, and mental health struggles, just to name a few. With meritocracy, we disregard all of that and look at someone who didn’t achieve as much as someone else and label them as lazy, failures, and deserving of fewer benefits than others.

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By Salem Choy

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MENTAL HEALTH RESOURCE PAGE

WHAT IS MENTAL HEALTH?
Mental health refers to a person’s emotional, psychological, and social well-being. It encompasses how individuals think, feel, and behave, as well as how they handle stress, relate to others, and navigate the challenges of life.

HEALTHY COPING METHODS
- Meditation
- Regular exercise
- Prioritizing sleep
- Being positive
- Receiving therapy
- Setting realistic goals

UNHEALTHY COPING METHODS
- Bottling your emotions
- Unhealthy eating/diets
- Unhealthy sleep schedule
- Self-harm
- Overthinking/negative thoughts
- Drug and alcohol use

OTHER RESOURCES
For individuals that may feel the need for help, we encourage you to call a mental health hotline:
- SF Bay Area: 415-255-3737
- USA: 1-800-273-8255

GET HELP WITH THERAPY

MENTAL HEALTH

* From 5041 surveys from grade 1-12 about school attendance & Mental health:
  - 1 in 7 children met the diagnostic criteria for a mental disorder.
  - 56% of absences for children with a mental disorder were due to mental illness.
  - 17.3 was the average number of days absent for children with a mental disorder.

* US Workers:
  - 37% work productivity was impacted due to mental health issues.
  - 61% work environment contributed to mental health issue.

HOW CAN YOU HELP THEM???

They can call:
- 988
- 1-800-950-NAMI
- 1-800-622-2255
- Etc.

How to help your friends and family:
* Offer support • Listen without judging • Be patient
* Encourage professional help • Provide resources
* REMIND THEM THEY AREN'T ALONE!!!
Free Mental Health Clinics in San Francisco for Teens

- **San Francisco Teen Clinic**: (415) 532-3870
  - 240 Shotwell St, SF, CA 94110
  - Health education, family planning, STI check, CTC

- **Dimitrios Youth Clinic**: (415) 217-6919
  - 3500 17th St, SF, CA 94114
  - Birth control, mental health, substance abuse counseling

- **Ballon Teen Center**: (415) 464-4312
  - 1000 Cayuga Av 18, SF, CA 94112
  - Primary care, sports physicals, and substance abuse counseling

- **Cole Street Youth Clinic**: (415) 751-8181
  - 355 Cole St, S.F.
  - Emergency contraceptive, Birth control counseling

- **SF 24/7 Drug Line**: (415) 362-3400
  - Asian Pacific Islander Youth and Community A/P/EC's
  - (Asian Pacific Islander Youth and Community A/P/EC's)

- **FAMILY**: Multisystemic Therapy to address mental health disorders, limited access to linguistically and culturally appropriate services, and co-factors surrounding API youth and LGBTQ youth.
Resources for Further Reading on Mental Health
Compiled by Sam and Salem

General Resources:
- Substance Abuse and Mental Health Services Administration:
  - SAMHSA is a general resource from the government that has links to hotlines and also many many articles (more academic on mental health issues).

- The Tribe:
  - The Tribe offers a peer-to-peer online support group for teens dealing with mental health challenges and or complicated family dynamics.

- Society for Adolescent Health and Medicine:
  - SAHM has many online resources for various mental health challenges for teens and young adults.
Mental health is an important aspect of life. It involves a person's emotion, socializing with others, living in the society, caring for one another, and self-love etc. When mental health is affected, things like depression will happen and you will lose your mind and feel negative about yourself because you aren't capable of doing anything as your mental state is negatively affected. When things like this happen to people, the best way to get help is asking for help because a first step needs to be made before anything else and people won't know help is wanted until you ask for it. People like therapists, friends, family, and teachers are examples of who to reach out for because you may feel comfortable with them. In addition, it is important that you have a positive mindset and constantly try to do fun things because it will distract you from the negative things.

Specific Resources:
- Anxiety and Depression Association of America:
  - ADAA offers resources to help those struggling with their mental illness, like free webinars and articles about various disorders, information on different kinds of therapy, peer-to-peer assistance, and help finding therapists.

- Eating Disorder Hope:
  - Eating Disorder Hope offers information specifically about eating disorders and treatment for eating disorders, along with different tools and resources for support.

Multilingual Resources:
- This Way Up:
  - This Way Up has resources on how to deal with emotions, how to calm emotions, express yourself, and tackle problems in multiple languages.

- Camh:
  - Camh has resources on how and when to ask for help specifically for people for whom English might not be their first language.
Please Consider Taking the Ama-zine Mental Health Zine Post-Survey!

Mental health affects the lives of many SFUSD youth and we would like to know how aware you are of your mental health. Mental health refers to the overall well-being and functioning of an individual's mind, emotions, and behavior, encompassing their ability to cope with everyday challenges, maintain healthy relationships, and adapt to stress and adversity.

NOTE: This survey is intended for students who attend a SFUSD school.
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- Smell The Roses by Stephanie Li and Sabrina Lee
- Vincent, Anjolie, Gary, and Vivian’s Submission
- Aywin’s Submission
- Ruyi, Xiaolin, Victor, Sabrina, Stephanie H., and Ella’s Submission
- Terrence’s Submission
- Michael’s Submission

### Mental Health Further Reading Resources

- QR Code to Mental Health Survey
- Sources Used
- List of Contributors and Special Thanks
- About CPA (and How to Join MOJO)
- Back Cover Art by Sam Foley

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Below are sources used for various submissions to the Ama-zine Mental Health Zine:

- “Get Help Now—Emergency Mental Health Resources”
  psycom.net/get-help-mental-health

- “Infographic: School attendance and mental health disorders”

- “The Role of Family and Friends”
  seemescotland.org/stigma-discrimination/the-role-of-family-and-friends

- “Fact Sheet: Mental health of adolescents”
  who.int/news-room/fact-sheets/detail/adolescent-mental-health

- “11 Facts About Mental Health”
  dosomething.org/us/facts/11-facts-about-mental-health

- “Adolescent and School Health”
  cdc.gov/healthyyouth/mental-health/index.htm

- “Fact Sheet: Suicide”
  who.int/news-room/fact-sheets/detail/suicide
SUMMER 2023 MOJO MEMBERS

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Cynthia

Special thanks to my best friend Zurisadai Astacio for pulling an all-nighter with me to make the cover ❤️ Mojo and I love you!!
– Amy

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Front Cover Art by Amy Tang and Leyla Astacio
Editors’ Statement by Iris Li and Amy Tang
Experiences of Mental Health Through the Pandemic by Claire Li
Ryan’s Submission
Digital Drawing by Chi Chun
School to Success by Iris Li
Meritocracy and Us by Salem Choy
Meritocracy and Model Minority Myth’s Effects on Mental Health
A Lens to My Mental Health Journey by Rita Deal
Mimi and A by Amy Tang
Cloudy Night by Wayland Tang
Burdening Haze by Simon Lum and John Cabral
Fei’s Submission
Laura’s Submission
Returning Home by meesh
About CPA

Founded in 1972, the Chinese Progressive Association (CPA) educates, organizes and empowers the low-income and working-class immigrant Chinese community in San Francisco to build collective power with other oppressed communities to demand better living and working conditions and justice for all people.

About MOJO

In 2009, youth leaders within CPA founded Youth Movement of Justice and Organizing (MOJO). Youth MOJO is a leadership development program meant to empower and mobilize high-school aged youth, with a focus on low-income Chinese Americans. Youth MOJO leaders have worked on social issues affecting them and their families, fighting for improved access to healthcare, immigration and workers’ rights.

Youth MOJO supports high schoolers as they develop and strengthen their leadership, public speaking, communication, advocacy and organizing skills. Youth MOJO meets weekly during the school year and offers summer programming.

Scan the QR code to sign up for MOJO! →
Even against a backdrop of hate

Generations of Activists have fought against oppression and injustice.
They paved the way but the work isn't over.
Now it's up to our communities to stand up and fight back.

AMA-ZINE
MENTAL HEALTH