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Remembering Moonbin

Fareeha Mohammad

Behind the biggest smile often hides the biggest pain. To everyone who knew him, K-pop star Moon Bin was often the brightest light in the room, so when he passed away on April 19, many people were shocked and absolutely devastated. Established as a suicide, many fans and friends of the star took to social media to express their grief or share condolences. Part of the K-pop group Astro, he was only 25 years old.



Poor mental health is common in today's society, but unfortunately, there is not much knowledge or awareness about it. Within the Asian community specifically, perfection and achievement are often ideals to strive for, and if someone falls behind, the consequences can be harsh. For example, even admitting that you are struggling with mental health is taboo, but it is important to remember

that most people have struggled with it at least once in their lives.

One of the first steps in getting better is to first acknowledge that you are struggling. One of our tools is the CASE survey which is designed to test your levels of Conflict, Anger, and Self-Esteem, allowing you to determine if one of these areas is causing mental distress. You can access it by using the QR code or this [link](#). Next, reach out to a trusted friend or family member; having someone to support you through your struggles can help a great deal. Finally, talk to a licensed professional to discuss therapy or specific treatment plans. Remember, you are never in this alone. Reach out for help when needed.

If you or someone you know is considering suicide, call the suicide and crisis lifeline at 988.

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The Artistic Craftmanship of Kate Tsang

Nyreonna Myh'Dhanaeh



Growing up watching a myriad of cartoons and movies, Kate Tsang became a talented writer and director. With her imaginative and unique work, she has made a rising impact in the world of films. Her films, which explore themes of youth, culture, and identity has been praised by many, winning several awards. Kate also wrote for the beloved animated series Steven Universe Future and Adventure Time: Distant Lands, nominating her for an Emmy. Through her films, she creatively tells intimate and thought-provoking stories about our world. So You've Grown Attached is an excellent example of Tsang's storytelling. This coming-of-age short film mixes the real world with a world unlike ours, sharing the life of a young girl and her imaginary friend. As a woman of Asian-American descent, Tsang's success is a crucial step towards greater diversity and representation in the film world. With her talent and passion, Tsang will undoubtedly continue to make groundbreaking work in the years to come.

Mental Health in the AAPI Community

Shriya Raja



A lot of the hate and prejudice associated with the Asian-American-Pacific-Islander (AAPI) community originates at an early age. AAPI students get bullied or are treated differently because of their origins. This can be detrimental to one's health. To improve accommodations for AAPI students, first, it is important for schools to elevate cultural competence in their students. Second, schools can provide courses and lessons that are specifically tailored to the AAPI experience and their cultural identities. Lastly, educational bodies should conduct evaluations of AAPI students' needs based on the knowledge of AAPI experts. It is crucial to monitor students' activities and social interactions to make sure everyone is treated with kindness and respect.

PRESIDENT'S NOTE

This month, we celebrate Mental Health Awareness. This is such an important topic to me on a personal note. I feel that if we were able to remove the stigma of mental health illness, less children would grow up in a abusive environment. We are here to break the cycle of abuse and encourage young people to get the help they need. There are so many resources, and if you want to know if you have a challenge with conflict, anger, or self esteem, you can take our survey by clicking this link and answering a few questions. We also have a lot of resources and information to help you learn more about healthy relationships. Please don't stay in an unhealthy relationship because you're lonely. Find your purpose and live it!!



