



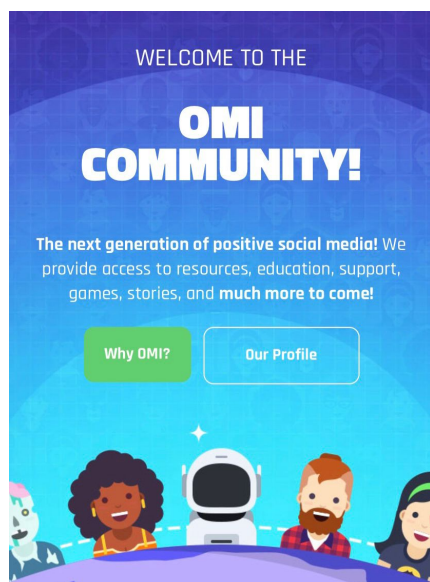
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Introducing OMI Community!

Saanvi Maskara and Fareeha Mohammad

Everyday, there are about 10-12 adolescent suicides, yet there is little action being done about it. OMI is an organization founded to fight against such issues, including self-hatred, homicidal thoughts, and more. One of the newest ways to do this is with a website known as OMI Community. After a brief call with Lori Hoff - founder of OMI - and Danielle (Dani) de la Chica - a volunteer at OMI - we were able to better understand the purpose and functions of this website. Dani came up with OMI Community by deducing OMI's goal to help people



with harmful thoughts through social media. As mentioned by Dani during our interview, "Social media is a node for cyber bullying and self-hatred inducing posts. We wanted to make the inverse concept of this [as much as] possible." With this concept in perspective, the website will be a way for people to connect in a similar format to social media, without the fear of coming across things which [can] induce harmful thoughts or messages to them. As Dani said, "The website will be screened constantly and [be] more positive, allowing for a

better experience, across all users. It gives kids a better resource and allows them to join groups, connecting with people who have gone through similar things - allowing them to heal together through technology." The focus is to help them rediscover their purpose and save lives. During National Youth Week's (NYW) Innovation Day on June 16, we are adding a gamification component to promote positive behavior through technology, and this website will be officially released then. Details and registration can be found on our [website!](http://nywusa.com)

MISSION STATEMENT:

We are facilitating our youth to discover the power of their purpose and save lives.

To help support OMI, [click here.](#)

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Destigmatizing Mental Health

Takoda Wells

A majority of people around the world have dealt with some form of mental illness or struggle. However, this topic of conversation is often viewed as taboo or not taken seriously. Destigmatizing mental health will benefit everyone involved. Here are some tips on how to fight the stigma:

- **Educate:** the more you know, the more you grow
- **Change:** refrain from using words like “crazy” and “insane” which can have harmful stereotypes
- **Support:** look to lift others up rather than making them feel unheard
- **Open:** explore treatment options like therapy or medication
- **Speak:** don't be afraid to open up the conversation



Mental Health in the AAPI Community

Shriya Raja

6.1% of the US population identifies as an Asian American or Pacific Islander (AAPI). Of those, nearly 15% have reported serious mental illnesses. That is over 2.9 million people. Although the impact is worldwide, there are certain involuntary micro aggressions done by natives that can create feelings of desolation for the AAPI community. These need to be avoided. People's mental health should not suffer merely because of a linguistic barrier.

Unfortunately, it is not possible to cure mental illnesses in a day, but together, I believe that we can help people of the AAPI community feel more included in our world.

PRESIDENT'S NOTE

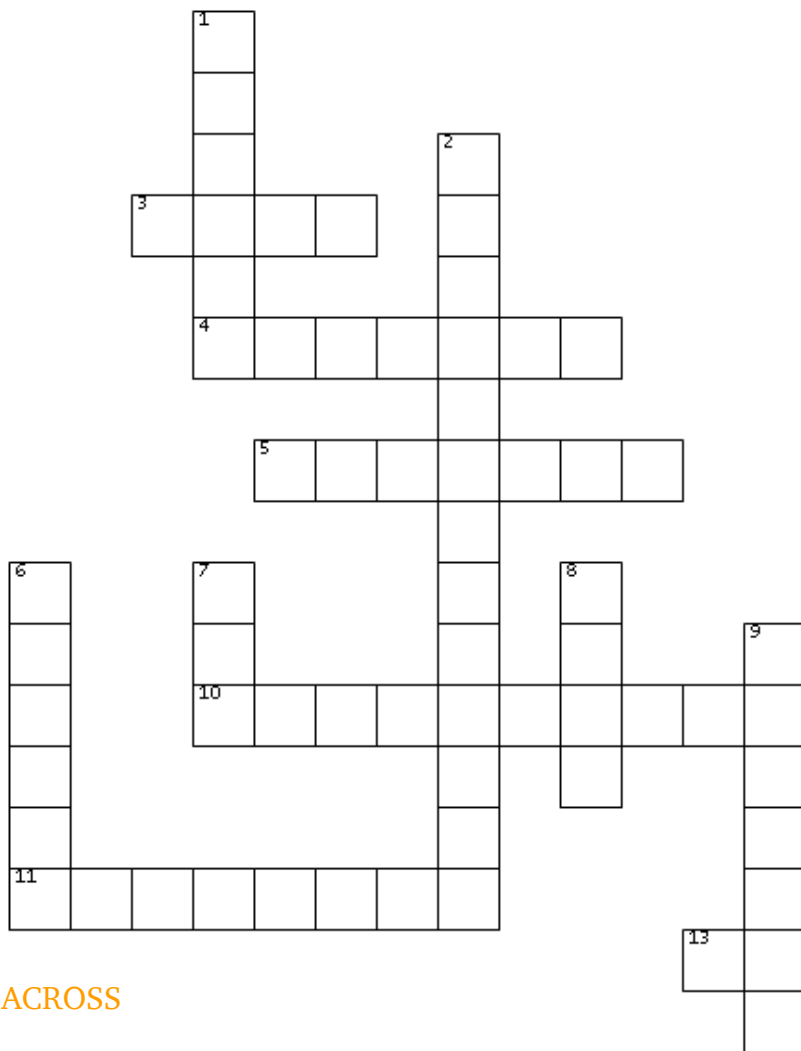
This month is May, and we are all about support, awareness, and acceptance of mental health. We are a youth organization that promotes good mental health and supporting our young people to get the help they need to be healthy. On a personal note, my father struggled with mental illness his whole life, and I grew up with trauma and abuse because it wasn't acceptable to discuss or treat. I think that still happens today. If you are experiencing abuse from someone raising you with a mental illness, it's not ok. Please reach out to a counselor or community leader for help, if you aren't being heard at home. Visit the NAMI website for [more](#).



Activity Page: Mental Health Crossword

Fareeha Mohammad

DOWN



- 1. Physical, mental, or emotional tension
- 2. A disorder involving hallucinations, delusions, and illogical movement
- 6. Extreme fear
- 7. The opposite of happiness
- 8. The acronym for a severe form of trauma
- 9. A disorder characterized by extreme forms of nervousness or fear
- 12. When does Mental Health Month take place?

ACROSS

- 3. This is what you should seek if you are (or think you are) struggling with mental health
- 4. A constant state of poor mental health can lead to taking this drastic step
- 5. A disorder characterized by extreme mood swings
- 10. A state or period of constant unhappiness
- 11. An obsession with losing weight for fear of being overweight
- 13. This is what causes discussions of mental health to be avoided or be considered shameful

