

Chai & Chat



The National Alliance on Mental Illness (NAMI) **Chai & Chat initiative** centers on destigmatizing the conversation around mental health and wellness in South Asian communities. Lack of mental health information, and the prevalence of cultural or language barriers, can prevent people in South Asian communities from accessing much needed support. Chai & Chat aims to bring communities together to collectively support each other while leaning on cultural wisdom and understanding education, awareness and care navigation.

Developed specifically for individuals of Bangladesh, Bhutan, India, Pakistan, Nepal, Sri Lanka and the Maldives ancestry, Chai & Chat's three-part community conversation series is designed to empower communities to share openly about the stresses of acculturation/integration, family and community pressures, generational trauma, racism and inequalities in accessing care. It is an opportunity to hold listening circles for, by and about South Asian Communities and provide the opportunity to validate and explore participants' mental wellness journeys and discover avenues of support.

Chai & Chat is part of NAMI's Sharing Hope Series, a cross-cultural initiative to destigmatize mental health in racially and ethnically diverse communities. Please join us in ensuring our communities feel welcome, respected and heard.



To learn more about Chai & Chat to set up an orientation or community conversation, please contact Charu Aggarwal (caggarwal@nami.org) Lead Consultant, Chai & Chat.

The National Alliance on Mental Illness (NAMI) is the nation's leading grassroots mental health organization. NAMI's mission is to provide advocacy, education, support, and public awareness so that all individuals and families affected by mental illness can build better lives.