



 *Hahaha* 1st MENTAL HEALTH Magazine



Mental Health
FIRST AID

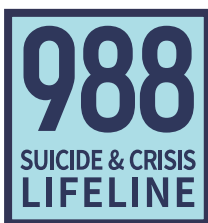


e Haha

Table of Contents

- 4** e~Haha Resembling a Kiss | Misun Chang
- 5** President's Greeting | Yong-hwa Ha
- 6-7** What is Mental Health First Aid?
- 8-9** Mental Health First Aid Testimony
About Mental Health First Aid | Sharon Kim
- 10-11** Music Therapy
With Me, With the Sound | Seung-A Jung Ph.d, LCAT, MT-BC
- 12-15** Happiness Practice
When Were You Happy Today? | 50 Little Joys in Life
- 16-17** Minds & Movies | Wild Tales: Unbearable Moments
- 18-19** Mental Health Referral Information | NYC Children's Center
- 20-23** Mental Health Day
- 24-27** Mental Health Zoom Seminar
Books are not the only things you can borrow from the library.
- 30-31** Who was Esther 현경 Ha? | Christine Ha
- 32-33** Grief Support Group
About Life Beyond Death... | Sunghee Cho





“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.” -Helen Keller

- 34-35 Participant Corner**
Healing Camp Reflection | Stacy Park, Mental Health Counselor
- 38-39 Volunteer Opportunities**
Esther Ha Foundation Volunteer Q&A
- 40-41 Mental Health Trends**
The Effect of the Pandemic on the Mental Health of Teenage Girls | Dr. Joon Chun, DO
- 42 S.T.E.P.S. Program**
What is S.T.E.P.S. ? | Jino Ahn, Job Coach
- 43 Column Einstein's Courage** | Ryang Suh, MD, Psychiatrist
- 44-6 What We Do**
Upcoming Events and Past Program Statistics
Programs | Photo Gallery

Mission Statement

The Esther Ha Foundation is a 501(c)(3) Not-for-profit organization established in memory of our founder's daughter, Esther Ha. Our foundation works to provide mental health education, and to connect individuals with affordable resources. We stand out in our history of providing Korean language resources and support to local immi-

grant communities. We work together with mental health professionals and our members to provide evidence-based, culturally relevant assistance to those who seek to eliminate mental health stigma and support those who are struggling. We also use media coverage and social networks to raise mental health awareness. Further-



more, we help people recognize their ongoing mental health issues and guide them to the care they need.

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e~Haha Resembling a Kiss

The Esther Ha Foundation newsletter, which was released annually since 2019, will now be turned into a magazine. The name of the magazine is **e~Haha**. To explain, 'e' is the e of the Esther Ha Foundation, the e of Emotion, that controls the quality of

life, and the e of Empathy, a sense of community that is felt through the eyes of the other person - hearing with the ears and feeling with the heart. Ha is also the Ha of the Esther Ha Foundation, the Ha from Happiness, and Haha, the sound of laughter that relieves tension and stress. Haha is expressed as laughing, the same in both English and Korean.

It will campaign to find simple joys in daily life as well as promoting our awareness campaign, 'You Are Not Alone', to find out about the various mental illnesses that anyone can suddenly experience. It also delivers information on the foundation's pro-

grams, mental health related hospitals and institutions, professionals in the Korean-American community, mental health in art, the improvement of social awareness of mental illness, and other various medical information.

The American psychoanalyst Theodore Rubin once said, "Happiness is like a kiss, in order to get any good out of it, you have to give it to someone"

I want to create a Korean-American society where happiness and laughter can regularly burst from the Esther Ha Foundation, the magazine **<e~Haha>**, and all of us together.



Misun Chang, Board Member of the Esther Ha Foundation, Editor-in-chief



Yong Hwa Ha
Chairman of the Esther Ha Foundation

Chairman's Greeting

Hello,

First of all, I would like to express my deepest gratitude to the dedicated volunteers, the directors of the foundation, and, above all, to the donors who continue to support the foundation.

With your interest and love, it has been 9 years since the Esther Ha Foundation started uplifting the importance of mental health and providing a place of comfort and healing for people struggling with mental illness. We also have been running healing programs.

This year we are creating a new mental health magazine, entitled "e~Haha." We will do our best to make this an essential magazine where you can get useful information for mental health.

We ask for your continued support and wish for your health.

Sincerely,

Yong Hwa Ha
Chairman of the Esther Ha Foundation

What is Mental Health First Aid?

Among the Esther Ha Foundation's various programs, like mental health counseling and educational seminars, there is one program which routinely attracts a lot of attention - Mental Health First Aid.

What is Mental Health First Aid? It is a process of learning how to personally help someone who has a mental problem or is experiencing a mental crisis, just like using CPR to help people in a physical crisis.

Our Executive Director, Me Sook Hyun Ph.D, realized that a more generalized approach is needed to improve mental health awareness in the Korean American community. Precious lives are often lost by missing opportunities for early intervention, due to prejudice and stigma about mental health.

However, it was not easy to find a way to remedy this problem. Dr. Hyun started looking for a program where

anyone who wanted to help people with mental illnesses could develop skills they could implement immediately after training. She found out that Mental Health First Aid was suitable for this, and this led to intensive education.

The curriculum is based on emphasizing the correct understanding of mental health, covering topics such as depression, anxiety, suicide, panic disorder, and substance use disorder. It is structured so that you can learn to identify each symptom, and then how to help.

The process of implementing Mental Health First Aid was, in short, a series of surprises. Although it was a long, all-day training of 8 hours, the 25 slots still filled up quickly. The feedback reports always note things like a "lack of time" or "What if this course had been earlier?" Although the training period is not that long, these comments are a testament to the com-



munity's thirst for such a course. It was pretty common to see participants from New York and New Jersey, as well as from other states. In this course, which started in July 2016, more than 800 people have visited the foundation in-person and participated in its education as of 2022.

We see people who are currently experiencing mental pain, family members and acquaintances who want to help, as well as professors and students from mental health related departments. Also, leaders of non-profit organizations and religious institutions. An incredible amount of people were immersed in education, received training on first aid for mental health, and shared their concerns.

In March of 2022, The Esther Ha Foundation resumed its Mental Health First Aid program, which was temporarily suspended due to the pandemic, and is waiting for the participation of many more who want to become Mental Health First Aiders for a healthier Korean American community.

Currently, 2.5 million people in the United States, including Michelle Obama, have received Mental Health First Aid training.



It really gives the skills you need to identify — and ultimately help — someone in need."

Former First Lady
Michelle Obama
MHFA Trained



With Me, With the Sound

Nice to meet you guys

With the sound

With me

With everyone

Time to space out

Yeah, that's okay

Yeah, it's ok

This is the time where hearts and minds connect

This is the time with the sound

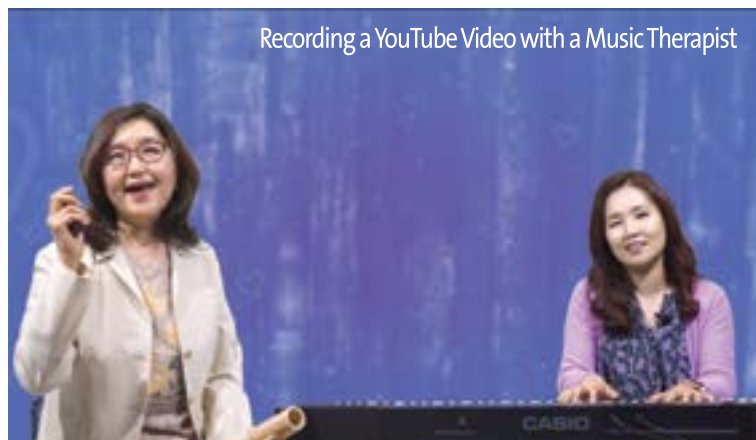
This is the time with the hearts

This is the time with E-Haha

This is the time with me

This is the time with you

This is the time with E-Haha



The above song was an introduction to Music Psychotherapy, a creative way to care for the well-being of you, me, and the community of the Esther Ha Foundation. Like the lyrics 'With the sound / with me / with everyone' in the middle, if you can look into our hearts, it will give you a lot of strength at any moment. 'Yeah, that's okay' is such a touching phrase. It is said that throughout life, we are happier when we get along well with like-minded people with empathy and support.

Music psychotherapy is a part of specialized music therapy and is a psychotherapy that takes care of the minds of clients with trained mental health experts. It works by experiencing various emotions through music and everyday sounds. When a client who is experiencing emotional difficulties such as relationship problems, trauma, depression, chronic stress, or anxiety visits a psychotherapist, coun-

seling will be mostly provided via speech. Music therapists explore the true sound of their clients through voices, instruments, songs, movements, language, creative drawing, writing, and meditation. We help clients change their inner strength into creative energy through a variety of sound experiences.

Leo Tolstoy, a Russian writer, said "Rest, nature, books, music, love for one's neighbor - such is my idea of happiness."

To help you discover your true inner voice during this long pandemic, I'm preparing a YouTube series with the Esther Ha Foundation. I wish for the channel to be an online space where empathy and hope become the main experience. With the music of 'With me, With the sound', we hope to, recharge our hearts from the pandemic with new creative energy.



Seung-A Jung Ph.d, LCAT, MT-BC
Director of Undergraduate Music Therapy at Molloy College, NY
Analytical Music Therapist (MT-BC)/ Licensed Creative Arts Therapist (LCAT)/Music Therapy in Multicultural context, Co-Editor

50 Little Joys in Life

1. Spending time for yourself
2. Laughing at an interesting story that brings tears to your eyes
3. Speaking English fluently
4. Doing something for someone else
5. When someone is being kind to me
6. When your favorite song is playing on the radio
7. Buying something you want at a discount
8. Comfortably enjoying the snowy or rainy scenery from indoors
9. Feeling a sense of fulfillment
10. When my picture turns out to my liking
11. Drinking a cold beer after taking a shower
12. Picking up money on the road
13. Finding \$20 in the pocket of an old coat
14. Having freshly baked bread or drinking freshly brewed tea or coffee
15. Taking a hot bath leisurely
16. Playing with pets
17. Waking up feeling refreshed in the morning before the alarm goes off
18. Working out
19. Singing in the shower
20. Getting 100 points in karaoke
21. Sleeping on a soft duvet that has just been washed
22. When the sun feels warm on your back
23. Smelling my favorite food when entering the house
24. Receiving "Hello!" text messages from my children
25. Seeing a rainbow
26. Taking a walk with children or grandchildren while holding their hands
27. Shopping with children
28. Hugging your child
29. When your child gives you a big hug as you come home
30. Learning something new (such as how to use Kakao Talk or YouTube, etc.)
31. Having good food with someone you like
32. When your weight remains the same the next day after you overeat or eat late at night (When you feel satisfied after a big delicious meal with lots of friends)
33. When your coworker recognizes your hard work
34. When the old jeans you wore 3 years ago still fit well
35. When leaves begin to sprout from an avocado seed (And all other hopeful emotions from blooming plants, gardens and flowerpots.)
36. Planning a trip
37. Waking up in the morning, looking at the sky, and saying 'Oh, the weather is nice today'
38. Feeling good after going to bathroom
39. The moment you feel "Yes, this is how it tastes" while drinking fancy wine on a special occasion
40. When a golf game (or whatever sport you play) goes well
41. Receiving text messages saying "Happy Birthday" from old friends who you wouldn't expect
42. When the street parking meter is broken and you don't have to put a coin into the meter
43. Finding a good sentence in a book
44. Feeling touched by certain lines while watching a drama or movie
45. When I look good in the mirror
46. When a stranger compliments my outfit
47. When you catch all green lights in a row on a long road
48. When there is no traffic jam
49. When you receive a refund from Amazon and get to keep the item too
50. Looking through old photo albums

Happiness Practice



The 50 simple happinesses above are the list of happiness by the foundation officials and those around them. What kind of happiness do you sympathize with?



Wild Tales: Unbearable Moments

At some point in life, there is a moment of anger that builds up in your head. That is the time when you want to hit something right now, even if you might regret it later. <Wild Tales: Unbearable Moment> is the story about those who give up on trying to control their anger as their rage rises and boils over. It is a black comedy anthology compiling six unrelated short films, with rage itself acting as both a comedy and a thriller.

In the first film, passengers on a plane all realize they have slighted the same man, beginning a revenge-play in the skies. The second film follows a waitress who realizes her father's enemy came into the restaurant, and plots to seek revenge against the newfound customer. The third follows the familiar tale of road rage getting out of hand, like we so often see on the news. The fourth film, Legal Parking Illegal Tow, is about a man who argues with a stubborn parking inspector about

towing his car. This scenario is something all of us who were in a similar situation can relate to. The fifth piece is about a father trying to cover up his son's hit and run accident, and him dealing with a greedy lawyer, prosecutor, and gardener who seek to bleed his wallet dry. The last film is one where infidelity and lies ruin a seemingly perfect and joyous wedding.

In short, the movie explores "eye for an eye" style revenge. It's like burning your whole house down just to scare away a single mouse. The loss of control and revenge-plays create excitement, giving the audience a vicarious satisfaction watching the characters act outrageously. All the while implying how foolish and dangerous it is to take revenge. The film director **Damián Szifron** said as follows,

"An animal can't, and is condemned to its instincts. In contrast, we have a fight or flight mechanism, but it comes with a very high cost. Most of us live with the frustration of having to repress oneself, but some people explode. This is a movie about those who explode, and we can all understand why they do. Any time I read about someone who has committed a supposedly irrational or barbarous act, that person doesn't feel foreign to me."

Soo Il Lee, Ph.D from the Esther Ha Foundation says that sometimes people get confused by the difference between aggression and anger. While aggression involves an action that harms a target or destroys property, anger is a feeling or emo-



Damián Szifron

tion ranging from mild irritation to intense rage. On the other hand, hostility refers to the emotions and motives, or attitudes, that provoke aggressive behavior. When people feel anger too intensely or too frequently, the body becomes extremely tense and unbearable. This is expressed internally as depression and suicide, and externally as aggressive violence or even murder. He says that the cases in the film are inappropriate anger expressions, which are at first beneficial by relieving tension and controlling the target of revenge, but in the long run, the incidental personal or social costs are much greater and lead to negative consequences.

The film has won 23 awards at world film festivals and awards, and has been nominated in 36 categories including Cannes. The original title, <Relatos Salvajes>, means <Wild Tales> in English. The Korean title is <Wild Tales: An Unbearable Moment>. In 2014, it was the most successful Argentinian film screened in the United States. Its run time is 122 minutes.



Behavioral Health Services for Children and Families in Your Community

Each May, the nation pauses to acknowledge the importance of mental health and wellness. At New York City Children's Center (NYC CC) we do this every day! Since 1969, New York City Children's Center (formerly Bronx Children's - Queens Children's - Brooklyn Children's Psychiatric Centers) has been a provider of pediatric mental health support to the Queens, Brooklyn, Bronx and Manhattan community. With over 18 programs across the city, our services include

home and community-based care coordination, behavioral health clinics, day treatment and intensive day treatment schools, hospital programs, family and youth advocacy, and so much more. In addition to children and family treatment, NYC CC also supports professional learning and development through academic affiliations, residency training and internships. In 2019, the goal of sharing the importance of children's mental wellness ex-



▲ Left to Right: Kanika Jefferies, Executive Director. Haein Son, Director External Review and Committee Chair Cultural Competence and Diversity.



▲ NYC CC-Bronx Campus

For more information about our locations and services, call **718-264-4777/4500** or visit us at **omh.ny.gov**

Brooklyn Campus

1819 Bergen Street Brooklyn, NY 11233 / Telephone: (718) 613-3100

Queens Campus

74-03 Commonwealth Boulevard Bellerose, NY 11426 / Phone: (718) 264-4500

Bronx Campus

1300 Waters Place Bronx, NY 10461 / Phone: (718) 239-3600

NYCCC-Bronx Campus Community Services

595 Gerard Ave. Bronx, NY 10451 / Phone: 929-348-4560

panded with the launch of the NYC CC Children's Mental Health Symposium, a free and accessible space for the community to learn more about children's mental health treatment and services. This year's event was held on May 11th and 12th with the theme "All Hands-on Deck, A Multidisciplinary Approach to Children's Mental Health."



NEW YORK CITY CHILDREN'S CENTER (NYCCC) IS A STATE-OPERATED FACILITY BY THE NYS OFFICE OF MENTAL HEALTH. WE ARE A LEADER IN PROVIDING QUALITY BEHAVIORAL HEALTH SERVICES THAT ARE INDIVIDUALIZED, EVIDENCED-BASED, OUTCOME DRIVEN, AND RESILIENCY BUILDING.

Mental Health Day

June 25, 2022



Register Here...



Welcome Speech by Yonghwa Ha, chairman of the Foundation



Director Jeong Seung-jin, a Social Leader



The Ha Family

“ I attended because it seemed like an event where I could have a good time with my children, but I actually received more help than the children. Throughout the event, I felt the warmth of the environment, and it was easier for me to heal the painful emotions that I usually kept hidden. -Mi Su Lee's Family-



Dance with Mom~



Hippy Hippy Shake!



Strike a Pose! one! Two!



Start of Korean National Gymnastics!



Face to Face



Leaning Into Happiness and Joy



Releasing Bodily Stress~



Happy Volunteering~



You can call Me a Dancer!



Love is walking Together, In the Same Direction



Alley Pond Park Forest Path~



walking Together!



Mother and Son! click! click!

“ I am the mother of two sons living in Flushing. Since the children are in college and high school, they were shy at first, but then I couldn't help but smile when I saw them getting interested in the program. ”



We All carry our own Burdens

“ I felt that the Esther Ha Foundation's programs were making a name for themselves, and have established themselves in the community over the past few years. It was a time to reflect on the value of being vulnerable. Through seeking out and providing to care to those who are struggling, it is an important step towards recovery for those combatting mental illness. ”

-Daesuk Oh, Jungja Oh-





Katherine Aybar
'cherry Blossom Ending'

“

Thank you to the Esther Ha foundation and Dr Seung-A Jung for allowing me to take part in such a lovely event! The atmosphere was so free and open. Everyone was very welcoming and even sang along to the song; '벚꽃 엔딩' by Busker Busker, that I played. It was beautiful to see community members engaged in Music Therapy and I hope to be a part of many more events like this.

Katherine Aybar, Music Therapist at United Hebrew Geriatric Center

”



Singalong Band



Dr. Lee's Group counseling
Demonstration



Dr. Hyun's Mental Health
First Aid Lecture

“

We all had a great time outdoors for the first time in a while. During the coronavirus pandemic, we all felt very nervous and anxious. At this event, I was able to feel happy and carefree, the way it was before the pandemic. Thank you very much for your hard work, it was a lot of fun. The volunteers were all wearing orange T-shirts... The uniforms looked very pretty! I wished that we all could have worn a shirt in a different color as well. I would also like to thank Chairman Yonghwa Ha.

”

“

Thank you so much for giving us this time that was so helpful and so necessary. You all worked so hard. Thank you for including me in this event, Esther Ha Foundation!

-Hanna Bae, Music Therapist-

”



Killing 2 Birds with
one Stone



Open Your Heart to Win a Gift!



Magician Dennis Kim



(Abra-cadabra!)



Dr. Lee's Group counseling
demonstration



Dancing King!

It was a valuable opportunity for the children here, who are far away from Korean society, to be able to spend time with fellow Koreans and learn Korean culture. It was a clear day without a single cloud, so it felt like I was having a picnic. We relaxed our body with line dances, played percussion instruments and sang together during the music therapy session. We also did Korean National Gymnastics together, something that I haven't done in a while. When I heard the deep concerns of the people who are always working hard at the parents' support groups hosted by Dr. Soo-Il Lee, I sympa-

thized with them. It was an amazing time where everyone's hearts came together, delighting in offerings such as the world-class magic show that made the impossible possible, and sandwiches and potpourri which were so kindly donated by local business and the foundation. I was especially touched while listening to Dr. Hyun's brief Mental Health First Aid lecture, and the stories of the helpline volunteers. Through this, I was able to think about how to help people who are often suffering symptoms of mental illness. While spending Esther Ha Foundation Day with my family, I found new topics to talk about at dinner together. I think I will be able to talk a lot about my heart and my feelings together with my family now.

-David Sally, Sol & Keller from Brooklyn-



Opening up and cooling Down in the Shade



Healing to the Music

“ Feeling peaceful, like the we were before the pandemic ”



Even the kids were excited too!



We can be OK with just a simple song...

“ It was a valuable time to remind us once again of the gift of music. It was a valuable time to remind us once again of the gift of music. Above all, the song "With the Sound" (composed especially for this event), made many people feel joyful and empowered. ”

-Heejun Jeon, Music Therapist-

“ Under the blue shade, we sang and danced with our voices high, like we are all one. The burden of depression and stress was cast off, and everyone was able to be free. It was a blessing. ”
-Help Line Volunteer Yoon Myung Sook-



Healing ourselves and each other



Making Sweet-smelling potpourri sachets

Mental Health ^{Zoom} Seminar

'New York Psychiatrist's Human Library'

The book *New York Psychiatrist's Human Library* is a collection of stories about meeting and consulting with various people, and working as a trainee in a psychiatric emergency room in New York, a city where 80,000 homeless people live.

The author, Yale University psychiatry professor Jong-Ho Na, is a psychiatrist who has given meaningful lectures to the Esther Ha Foundation several times.

One of the posts that he wrote on the writing platform Brunch, to remove the stigma around mental illness and encourage people to visit the psychologist, drew attention from the media with the article, "Suicide is Not an Extreme Option."

Professor Na Jong-ho has been busy with many media interviews and lectures, such as *Sebashi (Gaze Changing the World)* Kim-Hyun Jung's News Show, Chosun Ilbo Kim Ji-soo's *Interstellar*, etc... The Esther Ha Foundation was happy to invite him for their 13th mental health Seminar on July 21st to discuss his new book, *New York Psychiatrist's Human Library*.

1. Why Did I Write this Book?

As I like to write, I write for my patients. Everyone has a certain amount of prejudice or stigma to-

ward a person or group they meet for the first time. As I met many psychiatric patients during the training period, I realized that the images shown in the mass media were very wrong. Compared to the United States, Korea seems to have a stronger stigma toward patients who are mentally ill. When I received an offer to publish a book, I thought it would be good to write a book that could mitigate this stigma.

2. The "Human Library"

We all borrow books from the general library, and now we can borrow people from the "Human Library". In the "Human Library" which lends out conversations with people instead of books, you can chat with the person you 'borrowed' for 30 minutes. It was started by Ronni Abergel, a social activist from Denmark, to alleviate stigma, prejudice, and hatred toward others. It also aimed to reflect on the meaning of understand-

ing, respect, and coexistence. The project is operating in more than 80 countries around the world, including New York City. The library is maintained by volunteers of different identities sharing their valuable time - from ethnic minorities, to AIDS patients, immigrants, schizophrenics, homeless people, transgender people and the unemployed. "One day, a woman from a Copenhagen neighborhood with many Muslim immigrants visited the Human Library. She deliberately sought out time with a Muslim volunteering as a Human Library "book", and after a very pleasant 30-minute conversation with him, she said this,

"Are you really Muslim? You have nothing in common with the Muslims I knew"(p.9).

I like the word resonance. Resonance refers to instruments playing together and producing beautiful sounds with different vibrations. It is also an





expression often used in psychiatry. I resonate with the patient. From the patient's point of view, it would not have been common to meet an oriental psychiatrist who came to the United States over the age of 30 and was not familiar with American culture as an immigrant and was more comfortable with Korean than English. Just as the patient is like a human book, I must have been a book for the patient.

3. *The New York Psychiatrist's Human Library is divided into three chapters.*

First, some people I met in New York

A prosperous lawyer in Manhattan who had no choice and became homeless in an instant. A grandfather with 'persistent mourning disorder' who carries a framed photo of his wife, and with it, his happiest days. A young man who immigrated to the United States and then developed PTSD (Post Traumatic Stress Disorder).

Chapter 1 tells the story of patients during his residency. It tells stories of happiness and joy, along with painful and difficult moments felt by mentally ill people,

some being homeless people, some struggling with drug addiction, immigrants, and some plagued with grief. Through their anecdotes, I wanted to say that mental illness can happen to anyone, just like cancer or car accidents.

Empathy takes effort

He said that if there is just one person who truly sympathizes with him, he can see the world again, and try to find his way again. Can you understand someone completely different from me? When the first patient I saw in America made a racist remark towards me with Trump's style of language because I was Asian, my supervisor, who was also white, just tolerated it. I was able to overcome this insulting wound by the inspiring words of a fellow doctor, who was Black.

"I'm pretty sure they don't know any better. Because they've never had anything like that happen to them. A person who was born in the United States as a white male, and lived a privileged life, would have never experienced racism. It is possible that the professor didn't know how hurt you were by his comments. Even if he knew, he wouldn't have known how to properly comfort you. You have to understand that. During my first year of work last year, I heard the

"n-word" twice from a patient."(p. 82)

There are three prerequisites for empathy.

1. Consider whether seeing the world through other people's eyes is worthwhile. Empathy requires will-power.
2. Turn off the egocentric switch. That is, even if I don't know you, I still want to understand you.
3. I can learn more from other people, especially those who are very different from me.



Vincent van Gogh - Shoes

'Empathy' means 'walking in other people's shoes.

It's not that you can't empathize without experiencing it yourself, but it takes effort to do so. They say try walking in someone else's shoes, but you can't walk in someone else's shoes. You are just imagining it.

I look at Van Gogh's shoes and think, "I can't walk in other people's shoes, so by what standards do I judge and understand others?"

Chapter 2 is about not judging others, as shown through the stories of transgender people who have to deal with other people's prejudices. It is also the story of several patients on the autism spectrum, like Woo Young-woo from Extraordinary Attorney Woo.

There is a famous quote from *To Kill a Mockingbird*. "You never really understand a person until you consider things from his point of view... until you climb into his skin and walk around in it". (Harper Lee).

A life that does not collapse even when branded with stigma

A person with a severe mental illness who repeatedly experiences prejudice and social stigma sometimes embodies the stigma, which is called internalized stigma or self-stigmatization. Unwittingly, you come to believe in these public prejudices toward people with mental illness (eg. 'psychiatric patients are dangerous'). The surrounding towards mental illness is fatal in that it causes people or their families to avoid or delay treatment. Although social stigma has been greatly alleviated, as it is now known that the biological mechanisms of the brain have a direct influence on the pathogenesis of mental illness, when it comes to addiction - there are still many people who misunderstand that it is a matter of 'will'. However, there are few psychiatric disorders in which the mechanisms of the brain are as well understood as those found in the case of addiction.

In Chapter 3, I wrote about schizophrenia, bipolar disorder, addiction, stigma, hatred, the misunderstandings surrounding suicide, and what we need to do to resolve them. Reducing stigma is the ultimate goal



▲ NYU Residency with Colleagues

of this book, for example, when reporting suicides in the Korean media, they often use the phrase "suicide is not an extreme option."

This phrase, which has become synonymous with suicide, is incomprehensible to use as it comes from the perspective of an outside an observer rather than the person suffering. In other words, it expresses the idea that the person who died by suicide deliberately chose death, as if they saw a choice between life and death.

Most people who attempt or contemplate suicide are caught up in a feeling of hopelessness and helplessness, feeling that life will never get better no matter what they do. It is not appropriate to use the expression 'choice' to a person who feels that there is no other option.

The leading cause of suicide is untreated depression. For those who died due to untreated depression, the choice seems very unfair, and that also gives the bereaved family a secondary sense of guilt. I've been to various media outlets and talked about it, but there's still a long way to go.

Finally, it has been about 8 weeks since the book was released in Korea. I hope that through this book, at least one person can feel comforted and feel a little change.

No one is perfect when it comes to mental health issues. We need to let them know that seeking treatment is courageous.

The lack of psychiatrists who can speak Korean is a major problem in the Korean community. So I think the

JUL

WHAT IS BIPOC MENTAL HEALTH AWARENESS MONTH

Mental health conditions don't discriminate regardless of race, gender or identity.

Sadly, background & identity can make access to mental health treatment difficult.

For this reason, Bebe Moore Campbell National Minority Mental Health Awareness Month was established in 2008.

To challenge the stigma of mental illness requires all of us.

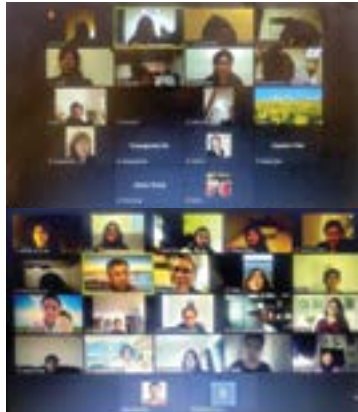
Raise your voice!

GO BEYOND THE NUMBERS

TOGETHER FOR MENTAL HEALTH



▲ Inpatient Residency at NYU



▲ Mental Health Zoom Seminar



role of the Esther Ha Foundation is important.

Professor Na Jong-ho

Professor of Psychiatry at Yale University School of Medicine. Dr. Na Jong-ho graduated from the Department of Psychology at Seoul National University, and went to medical school to become a psychiatrist fighting against suicide. After graduating from Seoul National University's Graduate School of Medicine, he received a master's degree from Harvard University's Graduate School of Public Health. Then completed a residency in psychiatry at Mayo Clinic and New York University, and became full-time (fellow) in addiction

psychiatry at Yale University. He is currently an assistant professor in the Department of Psychiatry at Yale University School of Medicine. He has authored more than 40 international academic papers and textbook chapters on suicide, addiction, trauma, and mourning. He has received the National Institute of Mental Health Outstanding Resident Award, Yale University Psychiatry Resident Excellence Research Award, American Addiction Psychiatry Association John Renner Award, and U.S. Department of Veterans Affairs Career Development Award.

He writes to alleviate the stigma of mental illness, encourage people to seek treatment and to lower the

Dr. Peter Jong-ho Na

- Assistant Professor
Yale University School of Medicine
- Staff Psychiatrist
U.S. Department of Veterans Affairs
- Addiction Psychiatry Fellow
Yale University
- Psychiatry Resident
NYU Langone Health
- Psychiatry Resident
Mayo Clinic
- Harvard T.H. Chan School of Public Health
Biostatistics Master of Public Health - MPH
- Seoul National University
Doctor of Medicine - MD, Doctor of Medicine - MD
- Seoul National University
Psychology Bachelor of Arts - BA

threshold for psychiatric care in Korea. South Korea has the highest suicide rate among OECD countries, but has the lowest antidepressant prescription rate.



Who was Esther 현경 Ha?

She was the one who had the most to live for out of the three of us siblings: the brightest future. She had the best grades, but also had the most creative and artistic mind, the most charming personality, gorgeous looks, fluent in Korean and to top it all off she was the most giving and charitable person I knew. She was a bright, bold, confident and beautiful woman, daughter, sister and friend. She was the one who everyone could always count on. She was the type of person to never leave anyone out of anything, no matter what their social or financial status was. She treated everyone as equal, never looked down on anyone, and always made sure that everyone was included. She was my mother's confidant, my dad's pride and joy, my brother's precious sister and my role-model.

I always wanted to be just like her. Whenever she did something, or tried something new, I always followed in her footsteps. At school she joined the dance club, and was part of a show that promoted Cancer and AIDS awareness, and when I saw her on that stage looking so powerful I copied her and did the same thing the next year. She went to Boston College, so I went to Boston University just to be near her. Whenever I saw her I always knew that I was the luckiest girl in the world to be the younger sister of such a gorgeous, talented, popular, charitable, loving and overall amazing person. Being her younger sister was my biggest pride in life.

She always made time for me and always supported me throughout all my endeavors. There was nothing that she couldn't do. My art projects, essays, thought processes, music tastes, clothing style were always all enhanced by her. She would be busy with her own life and would still make sure that I was okay - even when she wasn't.

Once when I was in college I had procrastinated on an essay, and feeling panicked, I called her. She was out in Atlantic City for the weekend with friends, but still picked up and listened to me cry and rant about how I messed up, then told me that she would write the essay for me. She spent that night, instead of having the time of her life with her friends, writing my essay and calming me down throughout the process. One of the millions of things she's sacrificed and done for me that I will never forget.

My regrets are countless. I wish I was able to do more for her. I wish I didn't take her for granted. I wish I told her how much I appreciated her and how proud I was to be her sister. I wish I told her what a fantastic and special person she was to me and so many others. I wish that when she told me that she was obsessed with me, I had replied to her in kind. I wish that when she came into my room, didn't say anything and lied down next to me just looking at me and smiling, I had asked her, "What's up?". I wish I told her that I loved her more often. I wish I was more



Esther and Christine Ha(Right side)

attentive. I wish that I wasn't so stuck in my own world that I couldn't see hers was crumbling down.

The Esther Ha Foundation was created to bring awareness of depression and mental health to the Asian American community. It was created not only to emulate the love and charitable personality of Esther, but also so that others don't have to have the same regrets and wishes those left behind have faced.

Thank you for taking the time to read this story and thank you for supporting the Esther Ha foundation and joining our journey to support the Asian American community.

Christine Ha



About Life Beyond Death...

I've been told that life is war. It would mean that you have to fight through it in order to survive. I also heard that life is a journey.

It means that wherever there is a place to come, there must also be a place to go. It is also said that life is study. It means that you can gain wisdom through life crises, or that you have to continuously learn all you can for the rest of your life.

In my opinion, when hiking, there are uphill and downhill, you may cross water, meet cliffs, and fall, be exhausted, feel excited to reach the top... It's like a summary of life. Also, while driving, there are narrow roads and highways, the roads are blocked and you may have accidents, split and merge, and change lanes frequently, the changed lane is more clogged than the original one, and there are rest stops. ...In that way, driving is also like a mini version of life.

They may all be correct, and also may not. Life is not always as cruel or as dangerous as war; travel can be a relaxation or hardship. Studying depends on who learns and their ability, so some learn well,

some learn poorly, and some learn on a zig-zag path. Climbing and driving are just small parts of our life, so I don't know. My life was a series of competitions from infancy to childhood and adolescence, and the battle for survival still continues after that. There are too many moments when you have to pay a nonsense price and feel fatigue and despair, more than the moments when you win luck and feel happiness. It seems to flow well without any problem, but it rolls without meaning. Even though it seems easy to change, it doesn't go very well. While bad things happen all at once, good things don't change particularly well because they come gradually after hard work.

What is certain is that, in large part, people and events that I did not choose took hold of my life, and things didn't go smoothly like how I planned. Incidents and accidents disguised as coincidences are everywhere, and everything is chaotic and confusing. Death is especially always there. The line between life and death is thin like a piece of paper, and you never know when

or how you will encounter it.

After thinking about it for several days, I gave up on defining life. The first thing I thought was that I was not qualified because I had not lived to the end. And since people tend to see only what they want to see, hear only what they want to hear, and believe what they want to believe, their thoughts on life also change depending on their position and location.

I don't know what life is, but I do know what I want in this life. I want to live a life exchanging of good influence with others. Whether it be my family or whoever it is, I want to live my life while sharing positive energy around me. There is a self-help group for bereaved families at the Esther Ha Foundation. It is a gathering for the bereaved, but I wish they could share more opinions about life beyond death. I am looking forward to the Esther Ha Foundation being able to accompany them and serve as a bridge.

Sung Hee Cho



▲ 2022 Grief Mind Therapy at the Quaker Meetinghouse

Healing Camp Reflection

As part of the graduate school learning process, my support group, and for field practice, I participated in the Esther Ha Foundation's Healing Camp. When I first registered for the Healing Camp, I wondered a lot about what I would say for two days, 8 hours a day, from 9 am to 7 pm. Wouldn't it be emotionally draining and painful? Will I be able to concentrate well? How do I tell my inner story to people I'm meeting for the first time? I had a lot of worries. But I soon found my worries didn't hold water. As I listened to the painful stories of the participants opening their hearts, little by little, my heart began to open as well.

After graduating from the sixth grade of elementary school, I immigrated to the United States with my family. Of course, my roots are Korean, but I am part of a so-called "Generation 1.5" with a mindset and culture close to that of an American. My personality, which was bright and extroverted in the early days of immigration, turned into a quiet introverted child due to cultural differences and language barriers. Even with friends, I always felt lonely. The change in environment stirred a confusion inside me which left me feeling despondent and uncomfortable. At that time, my only refuge was my sister. I grew my identity by sharing fearful and difficult things with my older sister.

When I was in my third year of college, a very sad thing happened to my family. I got a phone call from my sister as I was heading back to campus after having dinner with friends. I found out then that my mother was diagnosed with terminal cancer and had only three to six months left to live. I was devastated. On top of all of this, I was going through hard times in a toxic relationship with

an obsessive boyfriend who I met in college. I had to question God. Why is this happening to me and my family?

I used to think a lot about the Bible verse, Ecclesiastes 1:2, "Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless." My mother immediately underwent chemotherapy. I can't imagine how tough it must have been. Even thinking about it now, makes my heart ache. The most charismatic and beautiful mother in the world started losing her hair due to chemo. When she lost all of her long, beautiful hair, the strong mother who never showed her tears in front of us - wept. Her hair signified her last remaining pride as a woman. I cannot count the number of tears our family shed without our mother knowing. My mother was with us for 8 more years as she battled lung cancer and passed away in the spring of 2019, leaving behind beautiful memories that we will cherish forever.

It wasn't easy to talk about my mother. However, while sharing my pain and tears with the participants who didn't know anything about me, I felt that I was slowly becoming more mature as I laid down the burdens of my heart one by one. There are rules at Healing Camp that made me open up easily. Some of these rules are to respect the other person, don't share participants' secrets with others, wait for the other person to finish speaking, and listen and empathize rather than judge. Through this experience, I learned how to mourn in a healthy way.

This was my third healing camp led by Dr. Soo-il Lee. In the first Healing Camp, I learned how to listen. In the second

Healing Camp, I took on the role of a leader. I observed both how people open their hearts, and the importance of individual vulnerability. At my third Healing Camp, I was able to experience the countless benefits of group counseling through the combination of emphatic listening and vulnerability. I also learned that in order to understand a person's life, it takes concentration, an open heart, and courage.



Stacy Park,
Mental Health Counselor

It's not easy to tell a story from your heart. However, you can only grow if you courageously reveal your heart. Sometimes my small courage becomes a seed that grows into someone else's courage. My painful present could be someone's past, or it could become our future. I believe the world is not about walking alone, but about walking together and standing beside those who are falling behind.

Today's society is plagued. Social media and news are full of heartbreaking and dark stories. I want to give a big round of applause to all those who are persevering in this world, which has become more difficult to live in because of the coronavirus. I want to tell them that they are amazing and that they have worked so hard to get to where they are right now. I truly admire everyone who is actively fighting against the painful and harsh situations around the world without giving up. Let's continue to fight the good fight together. Remember, we are not alone.

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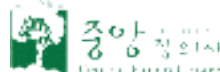
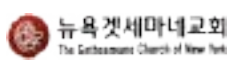
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Shung Kim

The Esther Ha Foundation Volunteer Q & A

Improving someone's quality of life has a direct impact on their mental health. Volunteering is not only a way to support others, it can also improve your own mental health in the process. Some research shows that helping others activates the brain's reward centers. Endorphins are released and you feel good. The following is how to contribute to the mental health of the Korean American community with the Esther Ha Foundation.

What is the Esther Ha Foundation?

We are a nonprofit organization that aims to combat negative perceptions of mental health, and provides counseling and seminar programs and information about mental health.

What do volunteers do for the Esther Ha Foundation?

We have 55 volunteers for our 24/7 helpline, fundraising gala and outreach for Mental Health Awareness and foundation events.

How do I apply to become a volunteer?

Please visit our website (estherha-foundation.org) and click 'Contact Us'. You can fill in your personal information, available hours of service, and the area you want to volunteer in. Or you can also call in to the foundation directly at 917-993-2377.

When is the 24/7 helpline volunteer recruitment?

In January of each year, Advertisements are released in newspapers, broadcasting, and KakaoTalk for recruiting helpline volunteers.

How can I become a helpline volunteer?

Volunteering will be available after completing the two-day helpline volunteer training. We strengthen our consulting capabilities through monthly seminars.

Can the callers know about the volunteers?

Volunteers' numbers are not disclosed to those who call the helpline at 800-713-9336.

How will the callers get help?

Through consultations with volunteers on the phone, the callers can seek sympathy and comfort while helping to resolve your emotional issues, and you will be directed to places where you can receive mental health information and counseling for related issues.

Is confidentiality guaranteed?

Volunteers will be thoroughly trained about confidentiality, and pledges on confidentiality are required upon applying.

What qualifications do I need for the Presidential Volunteer Service Award?

More than 100 hours of volunteering will be awarded a bronze prize, 250 hours or more will be awarded a silver prize, and 500 hours or more will receive a gold prize. Upon reaching 4,000 hours, you may be awarded a Lifetime Achievement Award.

What should I do if I want to donate to the Esther Ha Foundation?

To donate by card, check out our website at estherhafoundation.org => Click 'Donate' => Click 'Credit Card Donate'

To donate by check: If to send please make it payable and mail to:
 Esther Ha Foundation
 217-04 Northern Blvd. 2nd Fl. #1
 Bayside, NY 11361
 Item Sponsorship: 917-993-2377



Remember... You are not alone.
 The Esther Ha Foundation Mental Health Helpline is open every day **24 Hours**

1-800-713-9336



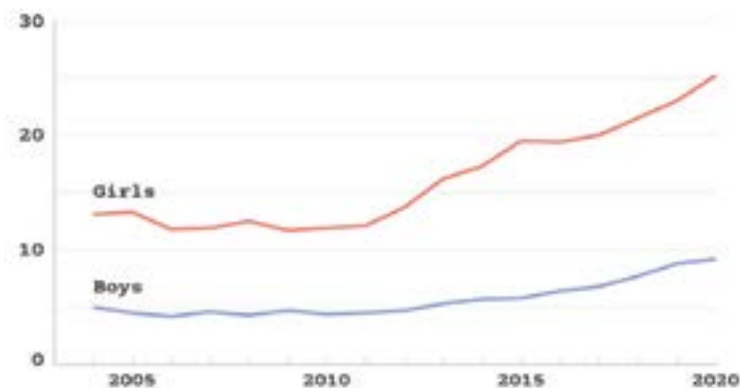
The Effect of the Pandemic on The Mental Health of Teenages

One of the many legacies of the COVID-19 pandemic will be its effect on mental health. From social distancing measures to masking, our fundamental norms of interacting with other humans changed almost overnight. Mental Health American found that 70% of people reported loneliness or isolation as their top contributing factors to developing mental health issues during the pandemic. While all demographics suffered, teenage girls were especially hard hit by the pandemic's mental health issues. The CDC reported last year that emergency room visits for suicide attempts among teen girls were up more than 50% at the beginning of the pandemic in comparison to the previous year.

Although the pandemic undoubtedly affected the mental health of teenage girls, evidence suggests that the pandemic may have been an accelerant to an already existing problem. According to the U.S. National Survey on Drug Use and Health, the percentage of American girls aged 12-17 who had at least one major depressive disorder in the past year rose from about 13% to 25% between 2005 and 2020. A closer look at the data shows a significant increase in rates of depression for teenage girls beginning around 2010.

Though there is ongoing debate regarding the negatives and positives of social media, it is important to point out that this inflection point

Percentage of Americans Age 12–17 Who Had at Least One Major Depressive Episode in the Past Year



Source: U.S. National Survey on Drug Use and Health

correlates to an explosion of social media use. For example, a recent experiment showed that those who used Instagram experienced decreased body satisfaction. Researchers also noted that social comparison is worse on Instagram than on other rival apps. Facebook's own research, leaked by the whistleblower Frances Haugen, has a similar finding: "Teens blame Instagram for increases in the rate of anxiety and depression ... This reaction was unprompted and consistent across all groups."

Although social media has many benefits, there seems to be growing evidence that it is not the best for our mental health, especially in teenage girls. The pandemic has made the issue even more challenging, and there appears to be no easy solution. More and more of life is transitioning to the digital sphere, especially for our youth whose social media presence is vital to their social circles.

For parents, perhaps the most impactful thing we can do is be mindful about the necessity of balance. These can be family dinners where phones are not allowed, dedicated times without screens, forming communities around our hobbies and interests, keeping technology out of the bedroom, and rebuilding relationships that may have suffered due to the pandemic. Altogether, these measures can provide our teens some breathing room away from the increasing pressures of social media.



Dr. Joon Min Chun, DO
Rowan University



New 3-Digit Mental Health Emergency Line Can Save Lives

The new nationwide 3-digit suicide prevention hotline, 988, was launched this summer. 988 is an easy to reach hotline number like 911, but this new number is just for those in a mental health crisis. It's like a safety net for people in emergency situations who may need different services than those sent out by 911 operators in the past.



What is 988?

Dial 988 in a mental health crisis to get connected to trained professionals, 24 hours a day.

Like 911, mental health professionals can assess your situation and follow up with an in-person crisis team if necessary.



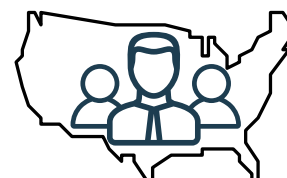
Who Should Use it?

If you or someone you know is having suicidal thoughts, delusions, or severe symptoms of mental illness, you should call 988 instead of 911.



Why Do We Need This Service?

Traditionally, police have responded to mental health emergencies, requiring tremendous local resources and often resulted in criminalizing mental illness. In fact, in 2017, an average of 10% of law enforcement agencies' total budgets and 21% of staff time were spent responding to and transporting persons with mental illness. People with untreated mental illnesses are 16 times more likely to be killed during a police encounter than other civilians.



What is needed to make 988 work?

Every state needs:

- 24/7 call centers that are adequately staffed by mental health professionals who are specially trained to respond to crises.
- Mobile response teams that are equipped for differing scenarios.
- Crisis stabilization services that also connect people to follow-up care

In the United States, there has been a national suicide prevention hotline since 2005. But it has been consistently pointed out that the 10-digit number, 1-800-273-8255, can be too long and hard to remember when someone is in crisis.

**Suicide Prevention
Emergency Hotline:**

988

SUICIDE & CRISIS LIFELINE

**National Suicide Prevention Hotline:
1-800 - 273 -8255**

Crisis Text Counseling Line : 741741



**Esther Ha Help Line
1-800 -713 -9336 (Korean)**

What is S.T.E.P.S. ?

For over 30 years, the trainer Jino Ahn has been a career coach, specializing in helping Asian Americans secure jobs at American companies. Being a diversity practitioner, he has been a leading force in helping companies complete their workplace diversity initiatives by connecting Asian American talent with companies that embrace diversity and inclusion.

This program provided by the Esther Foundation is a 16-week long program designed to help single mothers to either launch or relaunch their career. The program utilizes seminars, workshops, and hands-on training to inform, prepare, and support their job search and build their career.

For those single mothers who have never worked, the program will evaluate their skill sets to match them with potential jobs that are available. Once their target job category is identified, they will be informed of the general work related topics such as what the job entails, the nature of the jobs, the job requirements, and what the future prospects are. For those who have worked in the past but had an interruption of their career due to childbirth and support issues, they will be guided to evaluate whether they want to return to their previous career track or start something totally new, depending on their new interests and situations. For both groups, the program focuses on providing encouragement to

enter or reenter the job market since many of them lack the confidence for internal and external reasons.



Jino Ahn, Job Coach

This program is so unique and very much needed, especially given the current situation in which many companies are faced with the major challenge of securing employees. This untapped segment of the labor pool deserves a second look and companies should put extra effort to hire them. The Esther Ha Foundation's initiative is timely as well as being worthy of recognition.

Einstein's Courage

Petty minds take revenge on others, while broad-minded people forgive others. That is the big difference between the weak and the strong. But Einstein's thought doesn't stop there. Apart from the size and capacity of minds, he regards intelligence as the greatest human virtue. As expected, he shows that he is an intelligent person.

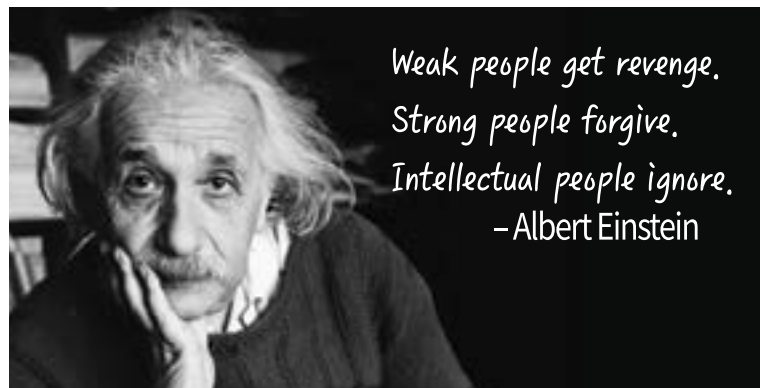
The translation of the last line may be easily misunderstood. Because 'pretending to be unaware' can be interpreted as ignoring or snubbing others. So I avoided the weighty Chinese phrasing and translated it to a soft and pure Korean vernacular, 'pretending to be unaware'. It may be misconstrued, but I can't help it.

Several times I said this to an extremely sensitive young man who suffers from a sense of himself being a victim all the time. I trusted he would fully understand the words and apply them to himself. I would tell him time after time henceforward. In fact, it takes a lot of guts and courage to ignore and skip over the words and actions of

others. Such courage comes from repeated practicing. It's like learning to play a musical instrument. Sooner or later, he would take me as a mentor. It's a joyous thing to happen.



Ryang Suh, MD,
Psychiatrist



What We Have Done (01/01/2021 -12/31/2021)

Program Name	Time / Place	No. of Participants	Cumulative Numbers
Adult Healing Camp	8 Hours x 2 Days	76	445
Anger Management Seminar	12 Week Course	144	854
Help Line & Telephone Referral	Every Day 24/7/365	386	1,357
Help Line Training		25	75
Mental Health Seminar with Psychiatric Professionals		199	249
Parents Support Group	Every Tuesday	954	5,525
Radio Broadcasting(FM87.7 & AM1660)	Every Tuesday	52	356 <small>Panels</small>
Weekly Grief Support Group	Every Friday	168	168
You tube Cafe	You Tube Channel	7 <small>Panels</small>	7 <small>Panels</small>
Youth & Young Adult Support Group	Every Saturday	487	3,810
Youth& Young Adult Healing Camp	8 Hours x 2 Days	52	257
COVID-19 Individual Professional Counseling	June - September	-	199
COVID-19 Webinar	July 30, 2020	-	220
Grief Mind Therapy		-	45
Healing Concert	Englewood Hospital/Northwell Hospital	-	2,989
Mental Health First Aid	8 Hour Course	-	778

2022 Events

NO.	DATE	PROGRAM
1	January 21st -22nd	Help Line Volunteers Training
2	February 18th - 19th	Adult Healing Camp
3	February 24th	Mental Health Seminar with Psychiatric Professionals
4	March 12th	Mental Health First Aid™
5	March 24th - July 7th (16weeks)	S.T.E.P.S. Program (Single-mothers' Transitional Employment and Psychological Support)
6	April 15th - July 1st (12weeks)	Anger Management Seminar
7	May 14th	Grief Mind Therapy
8	June 18th	Mental Health First Aid™
9	June 25th	Mental Health Day (Esther Ha Foundation Day)
10	July 21st	Mental Health Seminar with Psychiatric Professionals
11	August 19 -20th	Youth & Young Adult Healing Camp
12	September 10th	Mental Health First Aid™
13	October	Dr. Oh's IPT Program
14	October 20th	8th Annual Gala
15	December	Adult Healing Camp

All Year Programs

NO.	DATE	PROGRAM
1	24/7/365	Help Line
2	Every Tuesday 8PM	Parents Support Group
3	Every Saturday 5:30 PM	Youth & Young Adult Support Group
4	Every Friday 8PM	Weekly Grief Support Group
5	Every Tuesday 10AM	Media for Public Mental Health Awareness (Radio FM 87.7)

Program for Esther Ha Foundation

800-713-9336 Help Line	The Help Line provides free phone consultations for people in crisis with psychological distress. Available 24/7/365
Mental Health First Aid	This course teaches the process of how to personally help someone with a mental illness, or someone experiencing a mental health crisis. It is 8 hours, covering topics such as depression, anxiety, suicide, and substance use.
Parents Support Group	Our Parent Support Group is designed to help parents struggling with a variety of the family problems which immigrant parents often face. Korean-language, Every Tuesday at 8PM
Youth & Young Adult Support Group	Our Youth & Young Adult Support Group aims to help young people solve their psychological difficulties together in a supportive environment. English-language, Every Saturday at 5:30PM
Healing Camp	Healing Camp is a 2-day group counseling program led by a mental health professional. Psychological problems are shared with the group members, and participants find emotional resolution through talking with each other.
Mental Health Seminar	These seminars, led by mental health professionals, educate viewers on a variety of mental health topics. This raises awareness and understanding, while allowing participants the opportunity to ask professionals questions.
Bereaved Family Members' Self-Help Group	This is a self-help group for bereaved family members who have lost a loved one. Through this group they comfort each other and gain courage. Every Friday at 8PM
Anger Management Seminar	A 12-week course, designed to help participants control and manage their anger.
Community Awareness Activities through Media	Through the radio, YouTube, TikTok and other means, our foundation engages with the community by regularly promoting its programs, while educating the audience on mental health.



Mental Health First Aid Training (2022)



Mental Health First Aid Training at Promise Church



Out of The Darkness Walk 2021 – Jones Beach, LI



Healing Camp



Mental Health First Aid



Helpline Presidential Volunteer Award



YouTube Testimony – Behind the Scenes



Healing Camp



Helpline Volunteer Training



2019 Gala



Saturday Support Group



March MHFA Group (2022)

8th Annual

Esther Ha Foundation

Gala

Save the
Date

Thursday

October

20

2022

네! 에스더재단 헬프라인입니다!

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The Esther Ha Foundation Helpline is
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Please don't hesitate to call.
Together, we can find
a brighter future.



Call our Helpline:

1-800-713-9336

24/7/365