



17.9%

of young migrants had attempted suicide [1]

7.7%

of international students reported some form of suicidality [2]

Empowering Dreams Beyond Borders

Bravery in pursuing education abroad should not lead to suffering

Cultural Shock | Language Barriers | Mental Health Stigma | Academic Pressure
Social Isolation | Limited Access to Culturally Sensitive Resources | Immigration Anxiety

Mission Statements

Our mission is to empower international students and immigrant children to thrive in American academia by providing culturally sensitive mental health support and fostering inclusive communities.

Get Involved shufan@foryoupage.org

Initiative led by Joanna and Shufan

[1] Plener PL, Munz L.M., Allroggen M., Kapusta N.D., Fegert J.M., Groschwitz R.C. Immigration as risk factor for non-suicidal self-injury and suicide attempts in adolescents in Germany. *Child Adolesc. Psychiatry Ment. Health.* 2015;9:34. doi:10.1186/s13034-015-0065-4.

[2] Veresova M, Lamblin M, Robinson J, McKay S. A systematic review and narrative synthesis of prevalence rates, risk and protective factors for suicidal behavior in international students. *Front Psychiatry.* 2024 Mar 14;15:1358041. doi:10.3389/fpsy.2024.1358041. PMID: 38550533; PMCID: PMC10973160.

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