



Project Summary – April 2025

Culturally Safe and Accessible Digital Mental Health Interventions for Asian Immigrant Youth in Canada

Rationale/Background: Asian immigrant youth in Canada face unique stressors—migration trauma, racism, intergenerational conflict, language barriers, and exclusion based on gender and sexual identity—that significantly impact their mental health. Yet, their use of mental health services remains low, due to stigma, systemic discrimination, and cultural mismatch with Western models of care.

Digital Mental Health (DMH) interventions (apps, virtual platforms, tele-therapy) offer new opportunities to bridge service gaps. However, existing tools are often culturally irrelevant, inaccessible, or poorly known to Asian youth communities.

Goal: To co-create inclusive, accessible, and culturally safe digital mental health tools that promote the well-being of Asian immigrant youth in post-pandemic Canada.

Objectives: Through a collaborative, multi-phase planning process, we aim to: Identify access barriers and the effectiveness of current digital mental health resources. Engage Asian immigrant youth and stakeholders in co-designing key components of culturally safe DMH tools. Establish a cross-sector research partnership to develop and pilot a tailored intervention.



Phase One: Scoping Reviews and Stakeholder Dialogue (2024 Oct-2025 May):

- Conduct two scoping reviews (Access & Culturally Inclusive Interventions) to identify key barriers and facilitators (language, awareness, affordability, stigma, cultural safety) in current digital mental health practices
- Recruit and engage 30+ youth leaders and service providers in a focus group to discuss the essential components of a culturally inclusive digital mental health tool

Phase Two: Community-Campus Research Partnership

(2025 May-2026 March)

- Form an interdisciplinary team: youth, researchers, service providers, tech experts
- Develop and submit a research grant proposal to co-design and pilot a culturally grounded DMH tool
- Facilitate knowledge exchange between newcomer communities and digital health sectors



Expected Outcomes

- ✓ Co-developed framework for inclusive digital mental health promotion
- ✓ Stronger cross-sector partnerships for mental health innovation
- ✓ Foundation for grant-supported pilot of a culturally safe intervention
- ✓ Support for youth mental health within and beyond Asian immigrant communities

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