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KRP Communications

Breaking Taboo Joins the Los Angeles County Department of Mental Health for WE RISE 2021

Breaking Taboo's founder will join a live panel discussion about the mental health of the Asian and Pacific Islander American communities dealing with the recent racist attacks.

LOS ANGELES – Breaking Taboo is joining the Los Angeles County Department of Mental Health's WE RISE 2021 initiative on Saturday as our founder will be highlighted on a live panel discussion about Mental Health and the Asian American and Pacific Islander Community as part of Mental Health Awareness Month.

"I believe in our slogan, "Kill Silence. Save Lives", and that is exactly what we are doing," said Serena Hope Sun, Breaking's founder and director. "We represent equal opportunity and we do not tolerate discrimination. The way I think about mental health is the way I think about racism. It's about inclusion and treating people as human beings."

The live panel discussion will be on May 15 at 7 p.m. PST accessible online discussing the Asian and Pacific Islander American communities and the recent rise in physical and racist verbal attacks. Ms. Sun will be joined on the panel with Vickey Li, Founder & CEO of OnePiece Work, a coworking habitat space, and co-host and interviewer Chloe Longfellow of Tangible Movement, a mental health nonprofit.

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“I love that this is a panel of strong, successful Asian women”, Ms. Longfellow said.

“Going through COVID has really shown me the importance of mental health,” said Vickey Li.

“I am looking forward to a discussion that will not only encourage healing but also promote empowering a community that has been targeted by racism,” Ms. Sun said. “We must take care of each other and work at the cause of the problem.”

Learn more about the month-long, countywide series of events WE RISE 2021 at whywerise.la.

Breaking Taboo reaches nationwide through social media, on-line resources and virtual events. Breaking Taboo works to end the stigma frequently associated with mental health which, if gone untreated, can lead to suicide. The social media aspect of Breaking Taboo can resonate with generations that have grown up on social media – Millennial Generation and Generation Z.

If you are contemplating suicide, immediately contact 9-1-1 for emergency services or call the [National Suicide Prevention Hotline](http://NationalSuicidePreventionHotline.org) at 800-273-8255 to speaking with trained counselors. [Online chat](#) is also available 24/7.

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About Breaking Taboo:

Breaking Taboo, a 501(c)(3) non-profit organization, was started in 2015 after Serena Hope Sun lost yet another close friend to suicide. Deciding that she was sick of losing people, she started creating a documentary film in order to educate people, and a movement soon evolved. To educate and save as many lives as possible by providing them with accessible and useful information, Breaking Taboo evolved into a nonprofit. Mental health and suicide cross all boundaries, and the all-inclusive Breaking Taboo aims to reflect that. Breaking Taboo is a modern solution on an age-old problem that appeals to the Millennial Generation and Generation Z just as much as retired veterans. Learn more at [Breaking Taboo](http://BreakingTaboo.org). We are also available on social media platforms: [Twitter](#), [Facebook](#) and [Instagram](#).