

Who We Are

Our members are faculty at internationally recognized health care and educational institutions, including the Massachusetts General Hospital, Harvard Medical School and the Harvard Graduate School of Education. Our center is housed within the Massachusetts General Hospital Department of Psychiatry, one of the premiere centers of mental health care, research and teaching in the world, and the flagship teaching hospital of Harvard Medical School.

More than 50 percent of the international students in the U.S. come from China, South Korea and India.



“Tiger parenting” is utilized by only a minority of Asian American parents and is associated with worse academic and mental health outcomes than other parenting styles.

Giving

Our center relies on the generosity of individuals like you who wish to support the long-term success of students from diverse backgrounds. Learn more about opportunities to contribute to our work by visiting our webpage, or by contacting Katherine B. Liscomb, senior director of Development at Massachusetts General Hospital, at 617-643-5778; kliscomb@partners.org.

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MGH Center for
Cross-Cultural Student
Emotional Wellness

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The MGH Center *for*
Cross-Cultural Student
Emotional Wellness



*Because success is as
diverse as we are.*



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL

Did You Know?

The United States is home to a large and growing group of students from diverse cultural backgrounds. These students often face unique challenges during their educational years, including confusion about sense of identity and belonging, conflict between traditional and American values and disagreement with parents about ambitions and career goals.

There are nearly one million international students in the United States each year – an all-time high.

Yet in many cultures, talking about emotions and personal struggles, especially with parents, can feel taboo, and many students struggle in silence. If these issues are never addressed, students may become alienated from their own families and cultures, develop emotional or psychological problems including substance abuse, and even attempt to harm themselves.



Our Mission

The Massachusetts General Hospital Center for Cross-Cultural Student Emotional Wellness is a consortium of clinicians, educators and researchers who are passionate about understanding and promoting the emotional health and psychological resilience of students and scholars from diverse cultural backgrounds. Our center focuses on three main areas:

- Education and primary prevention
- Research
- Consultation, treatment and referral

Asian Americans age 15-24 have higher rates of suicidal thoughts than Caucasian Americans in the same age group.

A Multidisciplinary Team Approach

Our team includes clinicians, teachers, parents, students and researchers with a wide range of backgrounds and experiences. We believe that sharing and learning from diverse perspectives is the best way to support the long-term academic success of our students.

Asian American women age 15-24 have the highest rate of completed suicide when compared to Caucasians, African Americans and Latinas of the same age.

Services

The center offers:

- Training for educators and counselors in secondary school and university settings (live or webinar);
- Seminars for clinicians and researchers, including for continuing education credits (live or webinar);
- Talks for the general public, including parent, student and community groups;
- Multilingual consultation for students and families by culturally sensitive, Harvard-trained mental health clinicians (in person or via videoconferencing).

Learning how to cope well with stress has positive benefits for both mental and physical health.

Visiting Observership Program

We offer one- to six-month observerships for educators and clinicians who have completed their professional training. Successful applicants will have the opportunity to work closely with our diverse faculty to create a tailored experience that includes clinical, research and teaching responsibilities. Please contact us to learn more about the application and fee structure for the observership program.