

“Just as is true of the mental health crisis in general in this country, more people want help than there are resources for help,” she said. “So I refuse to accept that in our community, mental health is taboo given the work I do almost every day. We have people regularly seeking resources and still meeting all the same challenges that are very true in the United States – that there just are not enough mental health services that are accessible and affordable.”

Mallika Kaur, Executive Director, Sikh Family Center

