



NYC Lifestyle

Mental Health Awareness & AAPI Heritage Month

The month of May is dedicated to spotlighting mental health awareness and celebrating the heritage of Asian Americans and Pacific Islanders (AAPI). While quite different, both initiatives encourage community activism and celebration through art, healing, food and more. No matter how you spend your weekend, we hope it's a good one!

Sound Mind Music Festival

On May 21, top-billing musicians Cold War Kids, Big Boi, American Authors and more will headline the [2022 Sound Mind Music Festival for Mental Health](#) in Central Park. Proceeds will go to the [National Alliance of Mental Illness](#), the nation's largest advocacy group supporting people with mental illness.

Community Paint Festival

Artist Kristy McCarthy and East Harlem community members invite the public to help complete a new mural at [El Barrio's Artspace PS 109 on Saturday, May 21](#). You can see previous installations for Mental Health Awareness Month from the NYC Mural Arts Project [here](#).

Mental Health Street Fest

This year's [Mental Health Street Fest and Walk](#) will take place on Sunday, May 22. The event includes music, art and live sessions focusing on physical and mental wellbeing. Grand Marshal Leah McSweeney of "The Real Housewives of New York City" will kick off the walk at 11 a.m. at South Street Seaport.

Resources and Donations

Not sure where or how to donate in support of mental health? [Charity Navigator](#), [Donorbox](#) and [Verywell Mind](#) each offer efficacy ratings, background information and mission statements for non-profit organizations and advocacy groups to help inform your decision.



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Raise Your Voice

[Raise Your Voice](#) is an immersive installation curated by Brooklyn-based artist Amanda Phingbodhipakkiya now on display at The Museum of the City of New York for AAPI Heritage Month. The installation features selected works from Phingbodhipakkiya, local activists and members of the community. Purchase timed tickets [here](#).

INCENSE

In celebration of AAPI Heritage Month, Kaoru Watanabe will premiere [INCENSE](#) at Lincoln Square on May 19. *INCENSE* is a solo performance by Watanabe, a New York-based composer and musician specializing in Japanese flutes and percussion, who describes the engagement as an exploration of personal ritual, social conflict and rising above the tumult through sound and rhythm.

AAPI Care Fair

Soar Over Hate will host the [AAPI Care Fair](#) at Columbus Park Field on May 15, where the organization invites AAPI-identifying people to come together for celebration and communal healing. The free event will include traditional henna art, food from local AAPI businesses, self-defense classes and more.

Japanese Dessert Festival

On May 22, head to the Upper West Side for a [Japanese dessert festival](#) featuring local chefs and vendors of traditional sweets like imagawayaki and taiyaki, savory street foods and more. You will definitely be adding this to your calendar after seeing [these pictures](#) from Japan Fes., organizers of the festival.