



Ashwin Gopalakrishnan is the Website Chair for Dil to Dil which is a South Asian Mental Health organization. He started working for Dil to Dil to help promote more awareness in the South Asian community. Ashwin is in the technology industry and enjoys the intersection of technology and people. In his spare time, he enjoys reading up on tech news, fitness, and hanging out with friends.

What I wish people knew about men's mental health: that it's okay to process your feelings; it's a healthy way to better understand yourself. I feel men always push it to the side, instead of just confronting their feeling; it just builds up that way.

How my gender affected the way that I cope with mental health: I feel like I could never show my emotions or be upset about something. Talking about it was especially a big no-no. I know a lot of my male friends who still struggle with talking about how they feel. It honestly wasn't till a few years ago that I started to really process how I feel and my gender played a huge role in delaying it; a lot of my female friends have been processing their feelings from an early age.