



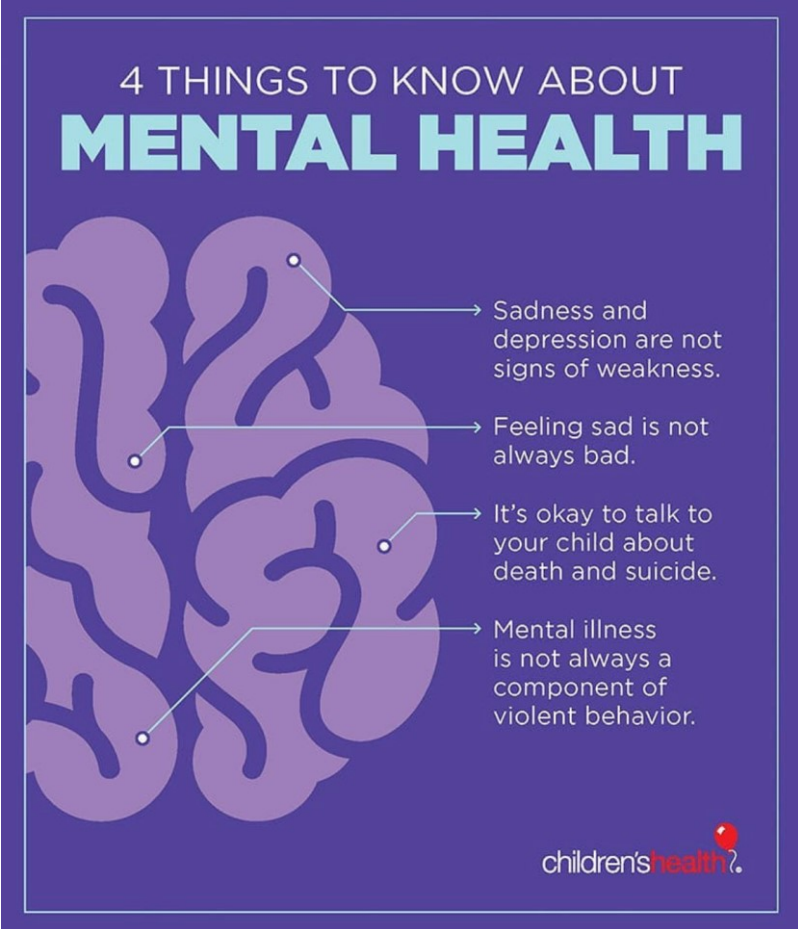
Mental Health

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Significance

-The goal of our campaign is to educate, ensure people struggling with mental health problems do not feel alone, and provide information on how to get help for someone who may be struggling.

-Normalizing getting help when people are struggling mentally or emotionally has the potential to save lives or at the very least significantly improve many individual's overall quality of life.



4 THINGS TO KNOW ABOUT
MENTAL HEALTH

Sadness and depression are not signs of weakness.

Feeling sad is not always bad.

It's okay to talk to your child about death and suicide.

Mental illness is not always a component of violent behavior.

children'shealth?

The infographic features a stylized brain illustration in shades of purple and blue. Four white lines with circular endpoints point from specific areas of the brain to the four key points listed on the right. The background is a solid dark purple color.

Negative Portrayal in the Media

- *Split, Fight Club*
 - Dissociative Identity Disorder
- *13 Reasons Why*
 - Depression
- *The Visit*
 - Multiple psychiatric disorders
- *Fatal Attraction*
 - Bipolar Disorder, Borderline Personality Disorder
- *To The Bone* / *Swan lake*
 - Eating Disorder
 - Schizophrenia



Positive Portrayal in the Media

- Shameless
 - Bipolar, Anxiety, Depression
- Bojack Horseman
 - Depression, Addiction, Trauma
- Rick and Morty
 - Depression, Addiction, Anxiety
- Mr. Robot
 - DID, Depression, Anxiety
- This is Us
 - Anxiety



Online Culture Normalizing Poor Mental Health

While discussions in online spaces have been normalizing mental health it's not always in a positive way. Unfortunately much of this discourse has normalized negative jokes or sitting with mental illness and not receiving help/treatment which has had the opposite effect than intended when many advocates set out to raise awareness about the importance of Mental Health.

-“What are you Triggered?”

-normalized literal uses of mental illness, “this is giving me anxiety”, “I’m so manic right now lol”, etc.

-“We’re reaching levels of Autistic that shouldn’t be possible” meme

- “OMG my ADHD” self-diagnosing

- Normalizing suicide memes (Tiktok)

- Use of the term Retarded



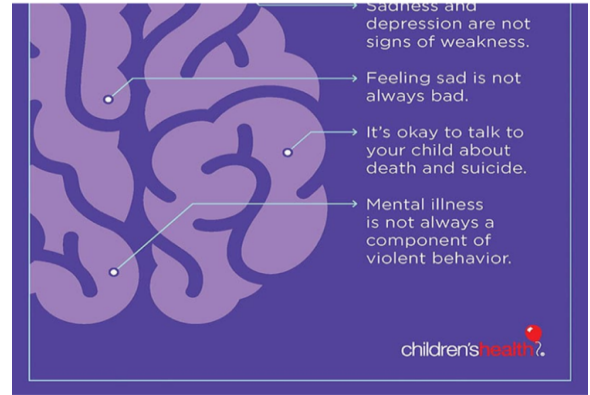
9 Posts 1 Followers 4 Following

Breaking the Stigma 🧠❤️
Join us on this journey to educate others about mental health and break the stigma!! Mental Health Matters! 🧡💛🌸🍷

Edit Profile



Our Campaign



mentalhealtheducation.ub Here are 4 important things to remember about mental health!! 🧡❤️

1. Having a mental illness does NOT make you weak. You are not inferior to anyone else for your struggles with mental health, and they are not your fault. You are incredibly strong! 🧡🌸
2. It's okay to feel sad! Letting ourselves feel all our emotions- including the negative ones- is super important when taking care of ourselves. 😞😞
3. It's okay to talk to your children about mental health! In fact, we encourage it! Being open and communicating with your children will help them know it's O.K. to reach out to you for help if they ever need it. Having difficult conversations with your children is crucial. 🗣️🗣️
4. People struggling with mental illness are not always violent. This is a harmful stereotype and simply not true. ❌❗

(photo from:
<https://www.childrens.com/health-wellness/common-myths-about-mental-health>)

32 minutes ago



My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).



www.nimh.nih.gov/findhelp



mentalhealtheducation.ub It can be extremely hard to ask for help when struggling with mental health. Here's a great graphic to help you decide if taking the next steps would benefit you!

If necessary, maybe consider reaching out to a professional. Attending therapy sessions, finding a medication that works for you, or finding other treatments are all resources you can have access to when you ask for help!

Remember, needed help is never a sign of weakness. Your friends, family, and doctors are all here for you. And so are we! 🍀🌸🌻🌷🌹🌺🌼🌾🌿🍃

⚠️ In the case of a crisis or emergency, the National Suicide Prevention Lifeline is: 1-800-273-8255. Or, you can text HELLO to 741741 ⚠️



On my way to therapy to talk about my emotional baggage



mentalhealtheducation.ub Finding comfort in talking about your emotions can be a great way to let things go. So often we hold on to a lot and suppressing these emotions does not change that we have them. We will always have to carry with us for however long we decide to hold on.



Therapy is a great source to utilize in helping with any mental health issue that may come up.

A high percentage of people go too long to seek help... you don't have to be wait for something to break to fix it.

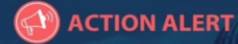
27 minutes ago



take action with us!

mentalhealthamerica

HAPPY MENTAL HEALTH AWARENESS MONTH!



Tell Congress to Support the Tele-Mental Health Improvement Act and the Permanency for Audio-Only Telehealth Act



mentalhealthamerica 🗳️ Act for mental health! 🗳️ We can't go back on accessibility. Tell your membe... more



This is an important subject to discuss on social media considering how mental health and social media have become intrinsically linked and become more closely related as time goes by.

"Thoughts, locations, photos, identities, friendships, memories, politics, and almost everything else find their way into social media...Smartphones and their symbiotic social media give us a surfeit of options to tell the truth about who we are and what we are doing, and an audience for it all..."
(Jurgenson 63).

While online, individuals are constantly presenting themselves along with scrutinizing their profiles and are constantly aware of how they are perceived. It would be beneficial to enter this same space and make room for positivity and awareness.