

How Social Media Affects Mental Health

Rex• Oct 27 2016

The Importance of Mental Health

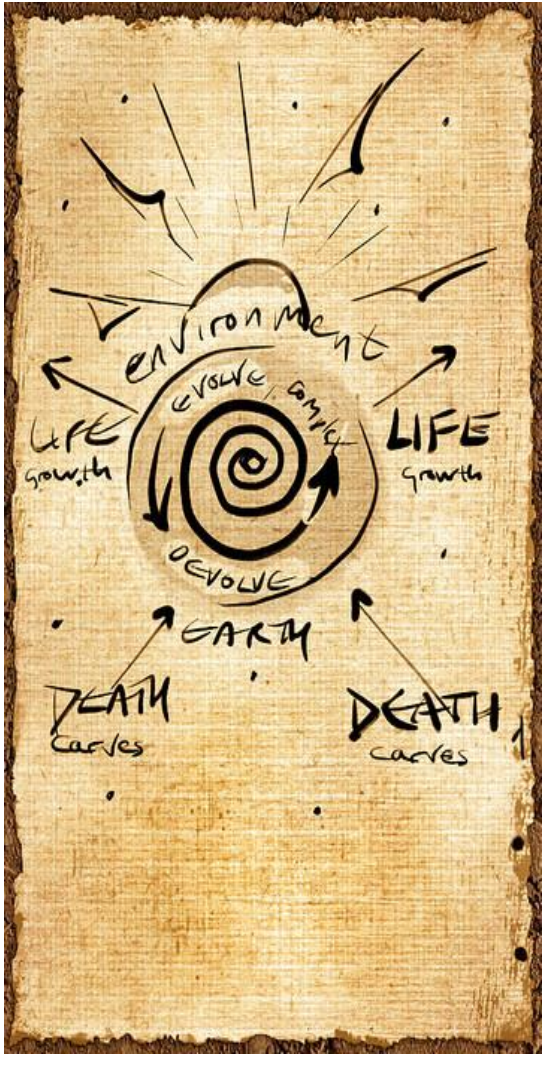
Most people find it hard to go and ask for help, including myself. It's either for the fear of being rejected for having something foreign compared to other people or just feeling like you're giving in to this disorder by asking for help. Everyone has seen their share of internet fame, of how having a mental health disorder can make you more ‘attractive’ or get you more attention at times, but rarely happens because of people think that "You shouldn't be sad and so negative, someone else out there has it worse than you," Which is wrong because everyone is valid no matter what the situation is. I want to help to eradicate these stigmas as well.

As you may know social media doesn't get the whole story and it gets to the point where younger generations think that this new concept could help them fit in. It's important we teach everyone why and how dangerous these mental health illnesses are. It's also important to help those who are going through this and help stop encouraging unhealthy habits of the human mind and body.

Change

The change I'm seeking is to help people with mental illnesses, educate people of the costs, and diminish all forms of media that broadcasts these as lifestyles or the new fads.





Helpful Organizations For Future Exploration

Some organizations I've found share true and inspiring stories of recovery or past experiences. And they're all supportive in helping people get help with the correct resources with the support they need to concur hardships. These will help with grasping new information and stories from people of all ages and backgrounds. These organizations will help with this topic because I'm trying to spread awareness about mental health and to get rid of the stigmas and bias around them.

Walk In Our Shoes is the organization that I've talked about in past posts. Their main focus spreads across a large spectrum and they still give excellent information and detail.

The other website is Depression And Bipolar Support Alliance. Here they also have people's stories of recovery and helpful website links for doctors and other specialists.

Walk In Our Shoes

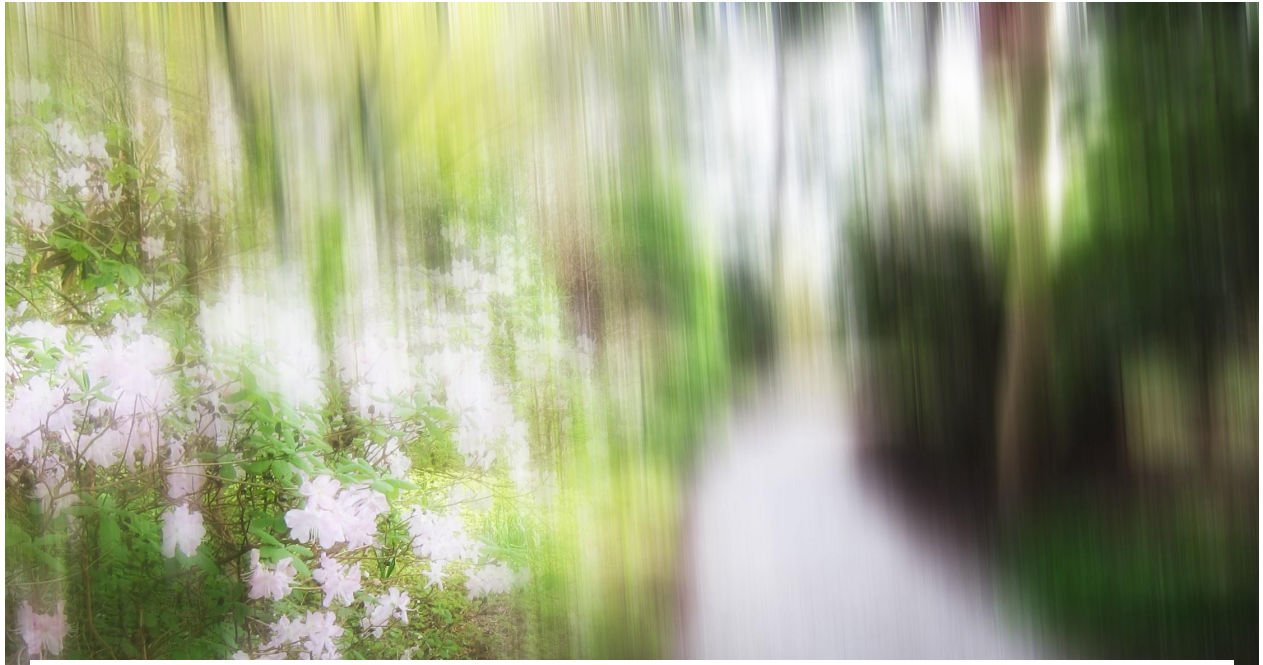
Depression And Bipolar Support Alliance

These website will further expand my knowledge while providing backup information in case I need to contact a professional



My Audience

When furthering my topic the audiences I'll pick up are people who have or know someone with mental issues or just want to make a change. I'll also target people who know the hardships of having mental health disorders and want to show the truth of what lay beneath the media's influences.







Interest Level In Mental Health

My interest level of this topic is around a 9. Even though I'm interested in Mental Health, I'm still open to new ideas and other topics.

My Purpose

My purpose is that I've witnessed people deal with mental health and it got to me. This wasn't the normal cliché that “I pity you,” just so that I make myself feel like the bigger person, it was more of a feeling that, I too felt whatever their feeling when someone else did. This is because I'm surrounded by amazing people who are full of emotion (in a good way) and emphasis. This makes it so that I can't help feel what others do. But with this program I'm hoping to accomplish getting other people involved and helping other people understand the different elements of mental health. This is also how you can help someone or yourself realize this and get the proper help while knowing it's okay to ask questions and get frustrated at times. Mental health is hard to understand because when you have mental health issues you don't know what to do or you don't even know you have it at times. It's so hard to understand, that even the person dealing with it can't comprehend half of it as well. Learning about this can really teach future generations and older how to handle dealing with mental health.

this is my purpose for WtS