

World Mental Health Day 2022

CELEBRATING

COMMUNITY

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Community

Noun: A unified body of individuals

On this international World Mental Health Day, we want to shift the conversation on mental health from an individual basis, to a collective, community-based perspective.

Conversations on mental health do not and should not exist within the bounds of individual experiences.

Issues that impact our communities, such as social justice, inequality, and global stressors need to be an equal part of the conversation, given their impacts on our mental health.

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ACCORDING TO THE

WORLD HEALTH ORGANIZATION

1 in 7

adolescents aged 10-19 years old worldwide reported experiencing some form of a mental disorder.

**Anxiety,
depression
and behavioral
disorders**

are among the most commonly reported mental health issues.

40%

of high school students reported persistent feelings of sadness and hopelessness.

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While individual therapies and professional help is always welcomed and encouraged to address issues of mental health, it is equally as important to think about the communities and conditions that we exist in that impact our mental health.

As Dr. Sanah Ahsan so concisely put it:

“If a plant were wilting we wouldn’t diagnose it with ‘wilting-plant-syndrome’ – we would change its conditions”.

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Why do communities matter?

A community can be built both in person and in virtual spaces. Covid-19 impacted our sense of connectedness due to social isolation, but the human spirit and desire for connection and belonging made it possible to expand the ways in which we create community and interact.

A community can be created in school, places of employment, neighborhoods, social clubs, online and even on social media platforms. The most important piece is that these spaces are created with mutual respect, understanding, safety and shared goals.

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Leaning on your community and being pillars of support are also a key component.

Think back to the last time you felt exhausted, physically and mentally drained, and on the verge of hopelessness. What did community support look like? How did you rely on those around you for that extra bit of support and love we all need sometimes?

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Purpose of community:

SHARED EXPERIENCES

SHARED VALUES

VALIDATION AND SUPPORT

INTIMATE UNDERSTANDING

ACCOUNTABILITY

SHARED RESPONSIBILITY

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Building community through:

STORYTELLING

**BUILDING CONNECTIONS
AND REACHING OUT**

BUILDING TRUST

**CREATING SHARED
EXPERIENCES**

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QUESTIONS TO ASK

THE COMMUNITY

#01

**What are the
conditions that
I am living in?**

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QUESTIONS TO ASK

THE COMMUNITY

#02

**Do these
conditions lead
to good mental
health?**

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QUESTIONS TO ASK

THE COMMUNITY

#03

**How is mental
health discussed
within my
community?**

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QUESTIONS TO ASK

THE COMMUNITY

#04

**What does
community and
peer support
mean to me?**

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QUESTIONS TO ASK

THE COMMUNITY

#05

**How do I
become an
agent of change
within my
community?**

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Extra Support and Resources

We all need a little extra support sometimes, and that's ok. Below is a list of support lifelines to keep in mind.

UK

SAMARITANS (24/7)

Whatever you're going through, a Samaritan will face it with you.

www.samaritans.org

Phone: 116 123

MIND (Mon-Fri, 9am-6pm)

Promotes the views and needs of people with mental health problems.

www.mind.org.uk

Phone: 0300 123 3393

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EXTRA SUPPORT AND RESOURCES CONTINUED (UK)

REFUGE (24/7)

For Women and Children against domestic violence.

www.refuge.org.uk

Phone: 0808 2000 247

STONEWALL (Mon-Fri, 9am-6pm)

Leading UK-based LGBTQ+ charity.

www.stonewall.org.uk

Phone: 0800 0502020

PAPYRUS

(9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays)

The national charity dedicated to the prevention of young suicide.

www.papyrus-uk.org

Phone: Call: 0800 068 4141

Text: 07860039967

Email: pat@papyrus-uk.org

Scroll to keep reading



EXTRA SUPPORT AND RESOURCES CONTINUED

USA

**NATIONAL SUICIDE AND
CRISIS LIFELINE** (24/7)

Phone: 998

NAMI HELPLINE

(Mon-Fri, 10am – 6pm ET)

The NAMI HelpLine is a free, nationwide peer-support service providing information and resources.

www.nami.org

Phone: 1-800-950-NAMI (6264)

**SAMHSA'S NATIONAL
HELPLINE** (24/7)

Free, confidential, 24/7, 365-day-a-year treatment referral and information service for individuals and families facing mental and/or substance use disorders.

www.samhsa.gov

Phone: 1-800-662-HELP (4357)

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EXTRA SUPPORT AND RESOURCES CONTINUED (USA)

THE TREVOR PROJECT (24/7)

Crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

www.thetrevorproject.org

Phone: 1-866-488-7386

RAINN (24/7)

(Rape, Abuse & Incest National Network).
An anti-sexual violence organization.

www.rainn.org

Phone: 800-656-HOPE (4673)