

# **Our Mental Health Journey**

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# Our Guiding Question

- We first began with brainstorming and researching things to do with adolescent mental health care. We were then trying to figure out a question that can best get the job done when it came to our overall goal. We were able to narrow it down to “How can we make school more comforting when it comes to mental health?”



# Why it Matters to the Community?

- Mental health is actually very important to our community. Especially with the pandemic going on kids are becoming more likely to experience things like depression and anxiety.



# How your project changed over time?

The reason we changed the project was that we felt in order to talk about your feelings you need to have the courage or confidence to talk about your feelings. Talking about your feelings is like showing your weakness. So we know many people won't be attending the club. That's why we changed the whole project. We felt that with having a google form so they can privately vent would be a good option. So we have decided to just interview students and a teacher. The students answered questions such as, "how is your day going?" or "how is school going for you?".



# Artifact from the project1 ★



# Final Outcome



What did we learn so far? I would say we learned to speak up for ourselves and others. I never realized many people experienced the same problems I have experienced in 10th grade. I realized that younger classmen experience mental health and we feel like doing this project will spread awareness across different schools and maybe more students will speak up, instead of enduring and holding in their problems. Making these interviews with the help of students, teachers, and counselors from my high school we would be able to spread this video to other schools. Then other schools would create programs or clubs for students because high school is hard and is mentally draining. Imagine college so preparing students with this help would also help teachers understand their students more.

