

DO YOU BELIEVE IN BAD MENTAL HEALTH?

How can you
prove that mental
health is real and
important?



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LONG GONE PG;3

WHAT POEM AND POET WILL YOU BASE YOUR POEM SUBMISSION ON? WHAT PARTS OF THE STRUCTURE/POETIC TECHNIQUE WILL YOU INCORPORATE?

CREATIVE SUBMISSION PG;4

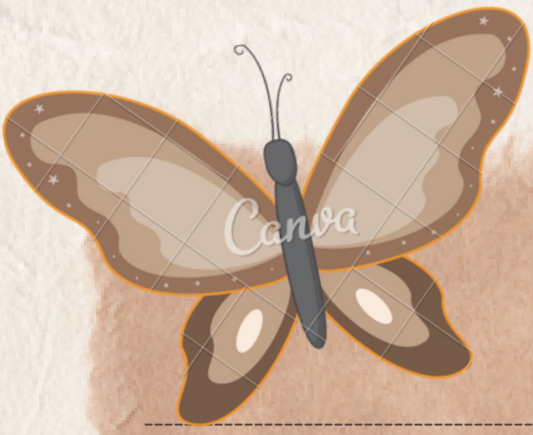
A COLLAGE PAGE COMBINING CUT OUT QUOTES, WORDS, PHRASES, IMAGES, ETC TO ACCOMPANY YOUR POEM'S MESSAGE OR THEMES

REFLECTION PG;5

A TITLED, SHORT WELL-RESEARCHED INFORMATIONAL ARTICLE ABOUT YOUR TOPIC (MUST ONLY CITE REPUTABLE SOURCES)

WORKS CITED PG:6

LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT. CRAS AT VELIT CONVALLIS, CONDIMENTUM MI NEC, MATTIS ERAT.



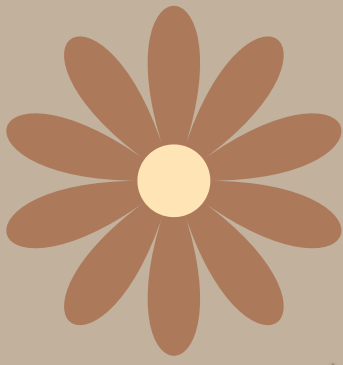
Long gone

You say mental health isn't real
But do you really know the deal
Your mind. Draining you
Breaking you down
Trying to get you to quit
You are tired, you are hopeless, you are unstable
You can no longer feel the happiness
you once had, all that's left is pain.
It's easy for you to say yes but it really
you are afraid to say no
Because deep down you really depressed
Always saying yes you seem very obsessed
You are long gone yet
seem so far from the finish line
Still battling the pain of being left to die
Your broken trying to gather the pieces
Mental health must be true
You may feel sad
but that ain't nothing new
Everyone you know goes through it too.
Everyone knows that getting help is beneficial
Or at least causes a little sizzle.



Creative Submission





How can you prove that mental health is real and important?

MENTAL HEALTH IS A VERY IMPORTANT YET SENSITIVE TOPIC TO TALK ABOUT. MENTAL HEALTH IS IMPORTANT AT EVERY STAGE OF LIFE, FROM CHILDHOOD TO ADULTHOOD. WHEN IT COMES TO OVERALL HEALTH, MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT. A MENTAL HEALTH PROBLEM MAY NOT NECESSARILY RESULT IN A MENTAL ILLNESS DIAGNOSIS. DEPRESSION, FOR INSTANCE, RAISES THE RISK OF NUMEROUS PHYSICAL HEALTH ISSUES. BAD MENTAL HEALTH CAN BE CAUSED BY SEVERAL THINGS FOR EXAMPLE A HISTORY OF ABUSE, SUCH AS CHILD ABUSE, SEXUAL ASSAULT, WITNESSING VIOLENCE, OR OTHER TRAUMATIC LIFE EXPERIENCES CAN CAUSE MENTAL HEALTH ISSUES. OUR SELF-ESTEEM, RELATIONSHIPS, AND PRODUCTIVITY CAN ALL BENEFIT FROM FOCUSING ON MAINTAINING POSITIVE MENTAL HEALTH CARE. "MENTAL HEALTH AWARENESS MIGHT BE ONE OF THE MOST PRESSING ISSUES WE'RE CURRENTLY FACING IN THE HEALTHCARE INDUSTRY AS A WHOLE." NOT ONLY DOES TAKING CARE OF OUR MENTAL HEALTH HELP US PERFORM BETTER IN OUR DAILY LIVES, BUT IT CAN ALSO HELP US CONTROL OR AT LEAST FIGHT SOME OF THE PHYSICAL HEALTH ISSUES THAT ARE DIRECTLY LINKED TO MENTAL HEALTH ISSUES. FOR INSTANCE, STRESS AND HEART DISEASE ARE LINKED, SO MANAGING STRESS MAY HELP PREVENT HEART DISEASE. WE CAN WORK TO REDUCE THE STIGMA ASSOCIATED WITH MENTAL HEALTH ISSUES IN OUR SOCIETY BY MAKING CONCERTED EFFORTS TO RAISE AWARENESS OF THEM. BY WORKING TOGETHER WE WILL BE ABLE TO COME UP WITH A SOLUTION IF WE HAVE THOSE DIFFICULT CONVERSATIONS AND ACKNOWLEDGE THAT THERE IS A PROBLEM.



CONTRIBUTOR /ARTIST STATEMENT PAGE

Hi! My name is Kiye'Rah also known as Kay Michele. The topic I chose was Mental Health in general. Specifically, the main idea I am focusing on is "Is mental health considered real and essential, and if not how can we make it so that it is" I chose this topic because I deal with mental health issues that I wasn't aware of. Once I started talking to a therapist she broke down what having good and bad mental health looks like and said that I struggle with a lot of things that have to deal with bad mental health. After doing some research I concluded that not a lot of people know about mental illnesses or how they are caused or even if they struggle with them. With this project, I would like to encourage people to look at different types of mental issues and just inform themselves so that they know what to look out for within themselves or others around them.

- I used my creativity to convey my zine's main purpose and explore my zine's question by using colors and patterns that I knew were a mix of being in an unstable mental space. by using different shades of browns pinks grays and purples it brings out the point of a person who has very unpredictable emotions. I also chose to do a topic that I was similar to so I based everything on my own experiences
- I chose to do my poem based on Jericho Brown's poem "Dark" and I used Idioms, Rhymes, 2nd Person Point of view, and enjambments
- My creative submission was a collage. I believe my collages go along with the poem I have written because throughout the poem I talk about the struggle of dealing with bad mental health but also trying to break free from it as well. With the collage, I incorporated different pictures and articles that say different things about different mental situations it also gives people an understanding that having bad mental health can be caused by many different things. I also incorporated ways to get help and break free from those bad habits that you were or are going through. I believe the collage helps tell a better visual story of the poem.

CONTRIBUTOR /ARTIST STATEMENT PAGE





WORKS CITED

“About Mental Health.” Centers for Disease Control and Prevention, <https://www.cdc.gov/mentalhealth/learn/index.htm>. Accessed 12 October 2022.

Chung, Minkyung, et al. “Why is Mental Health Important? — Talkspace.” Talkspace, 24 November 2021, <https://www.talkspace.com/blog/why-is-mental-health-important/>. Accessed 12 October 2022.

