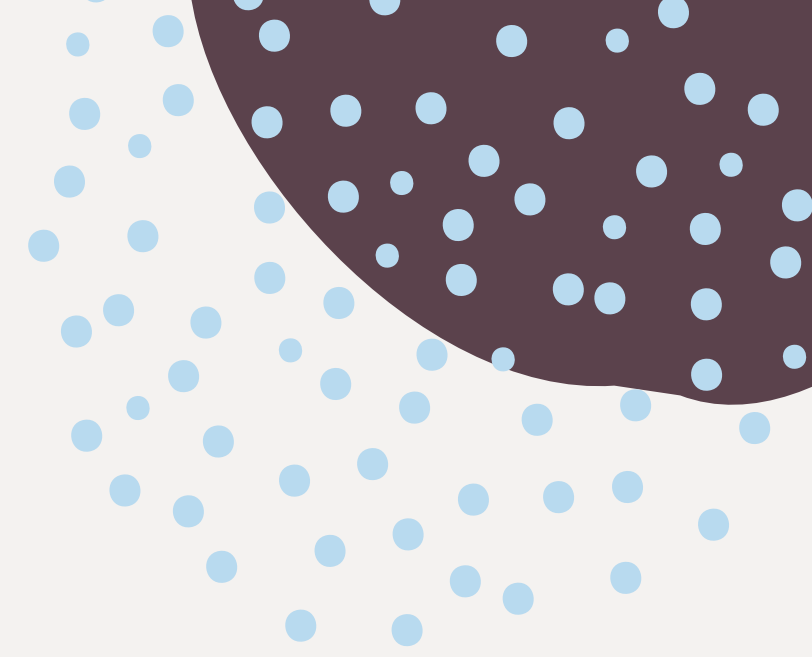
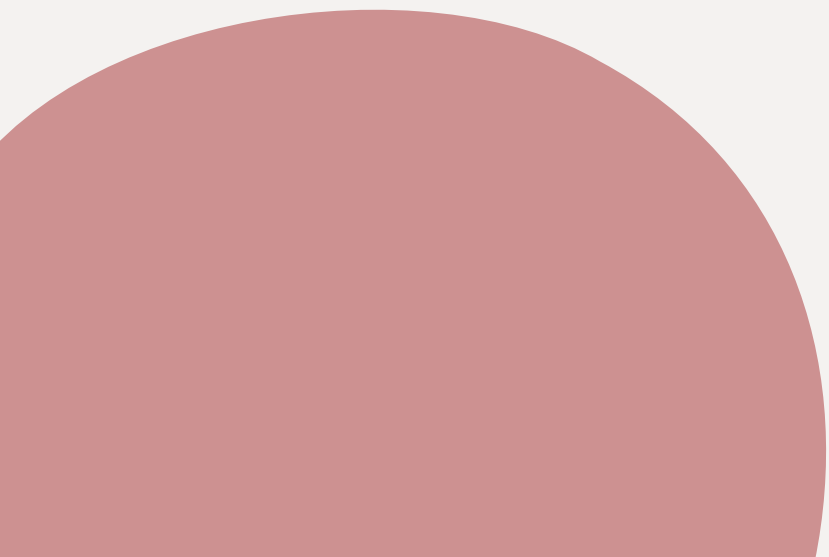


How are you handling your mental health situation?

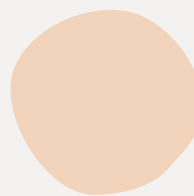


"Taking time off school to go to
residential treatment"

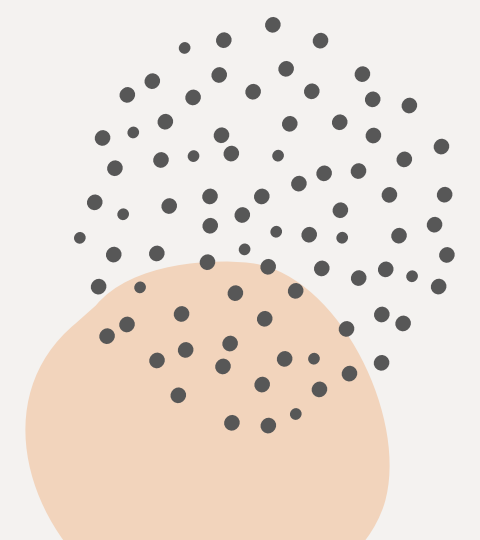
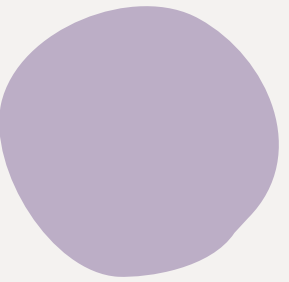




How do you take care of your mental health?

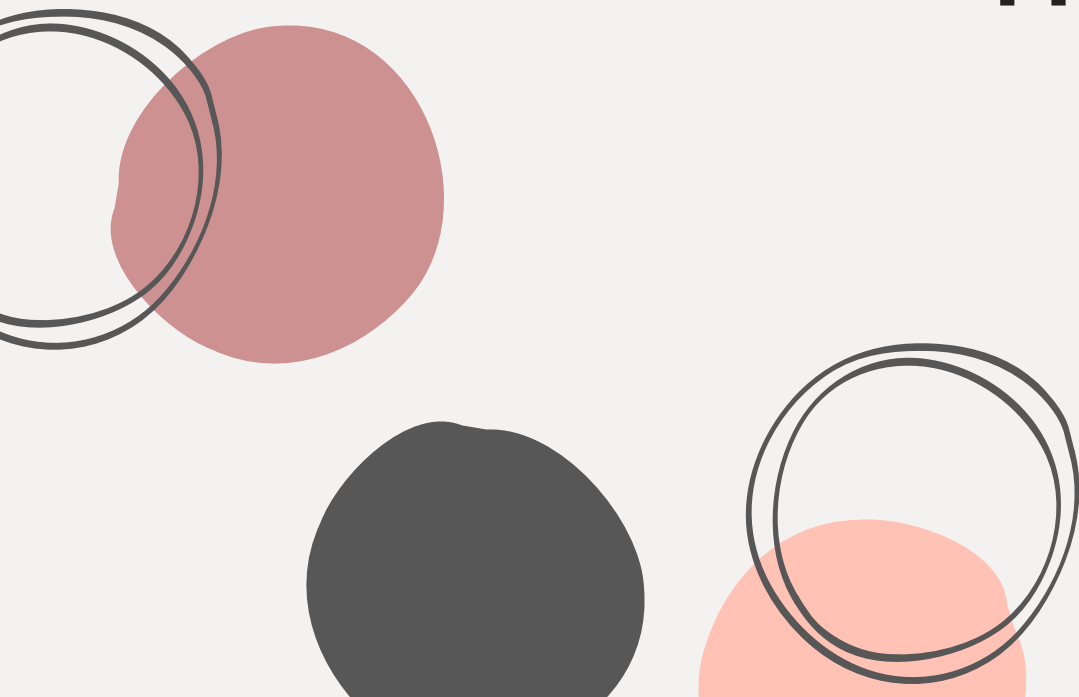


So much self care and self compassion!
get lots of sleep, eat well, do things I
love!



How are you handling your mental health situation?


"I am seeing a doctor this upcoming week, as well as my counsellor to chat about this and figure out more strategies."





How do you take care of your mental health?

"I write my thoughts down, I tell myself that I've gone through similar things before and I've come on top, I work out, I see my friends and share my feelings with them, I remind myself I am loved and I can push through this."





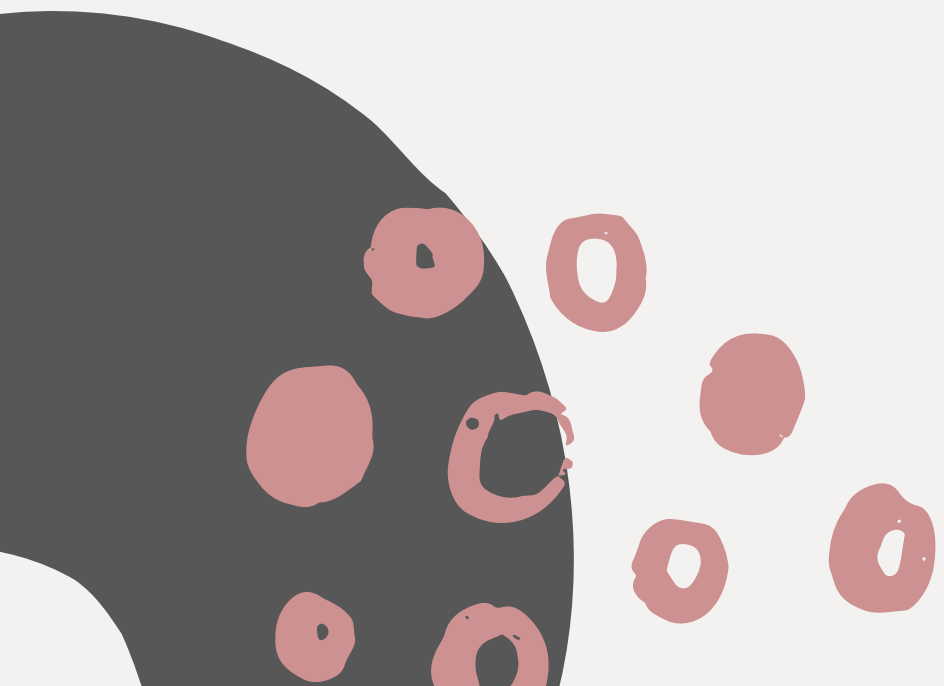
What are some things you've been dealing with and how have they affected your mental health?

"I have been studying really hard for my tests and I keep doing very poorly even though I study so hard - yet I am always below average! I have never done this poorly in school before, but this new program I switched into is so much harder."



What are some things you've been dealing with and how have they affected your mental health?

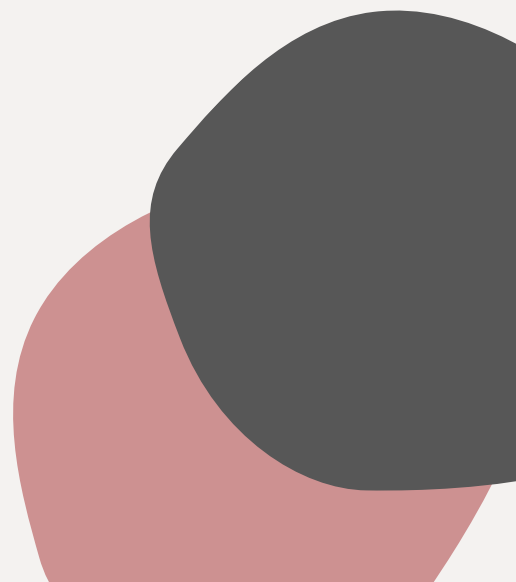
"Leaving school for anorexia"



What are some things you've been dealing with and how have they affected your mental health?

"I have been struggling with depression for the last few years and right now I struggle with the numbness of depression.

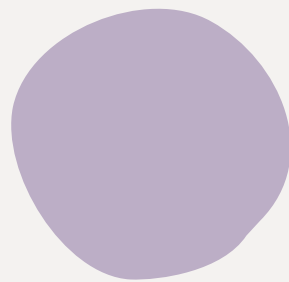
Everything has become plain and bland and the spark that I felt when I first started school this September is gone. "





What are some things you've been dealing with and how have they affected your mental health?

"I don't know if I like what I'm studying anymore, or if I like the friends I made or if I like the girl I'm dating."



How do you take care of your mental health?

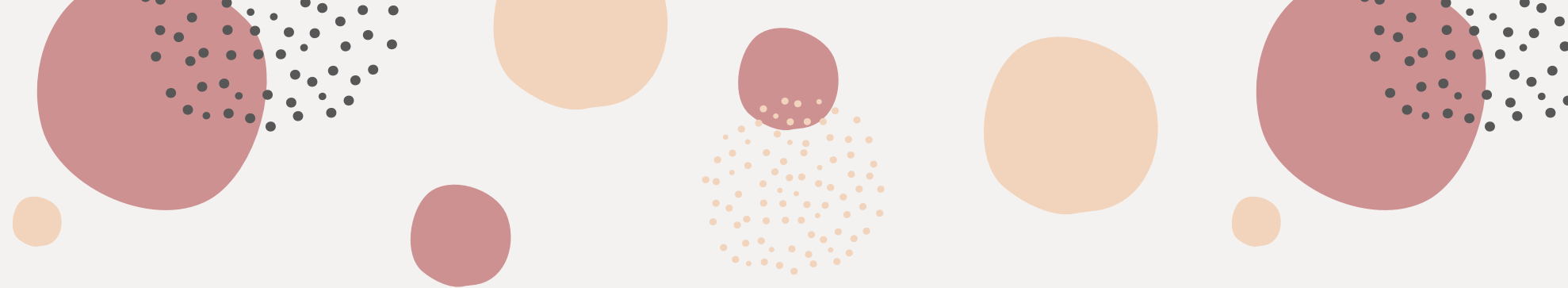
"I sleep and watch youtube to distract me from my problems."



How are you handling your mental health situation?


"I just sit home and be sad."






What are some things you've been dealing with and how have they affected your mental health?

"I have been at Mac for almost 3 months and I have no friends. Join clubs they say... but that does not help when I'm socially awkward and introverted. I feel so alone and I don't know what to do."



What are some things you've been dealing with and how have they affected your mental health?

"If you guys have ever seen Dear Evan Hansen, I am literally Evan. How do I be more outgoing and extroverted when i've been shy and awkward my whole life?"



What are some things you've been dealing with and how have they affected your mental health?



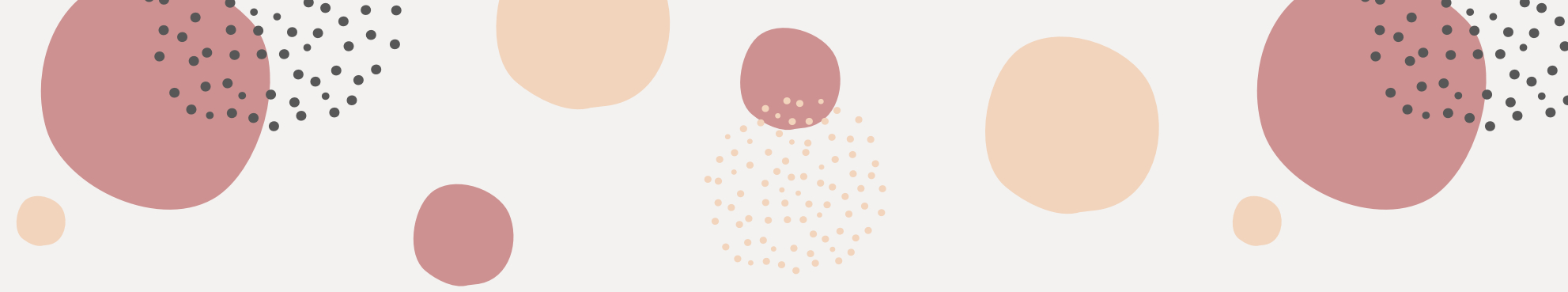
"Academics"





How do you take care of your mental health?

"Bottling it up until the exams are done"

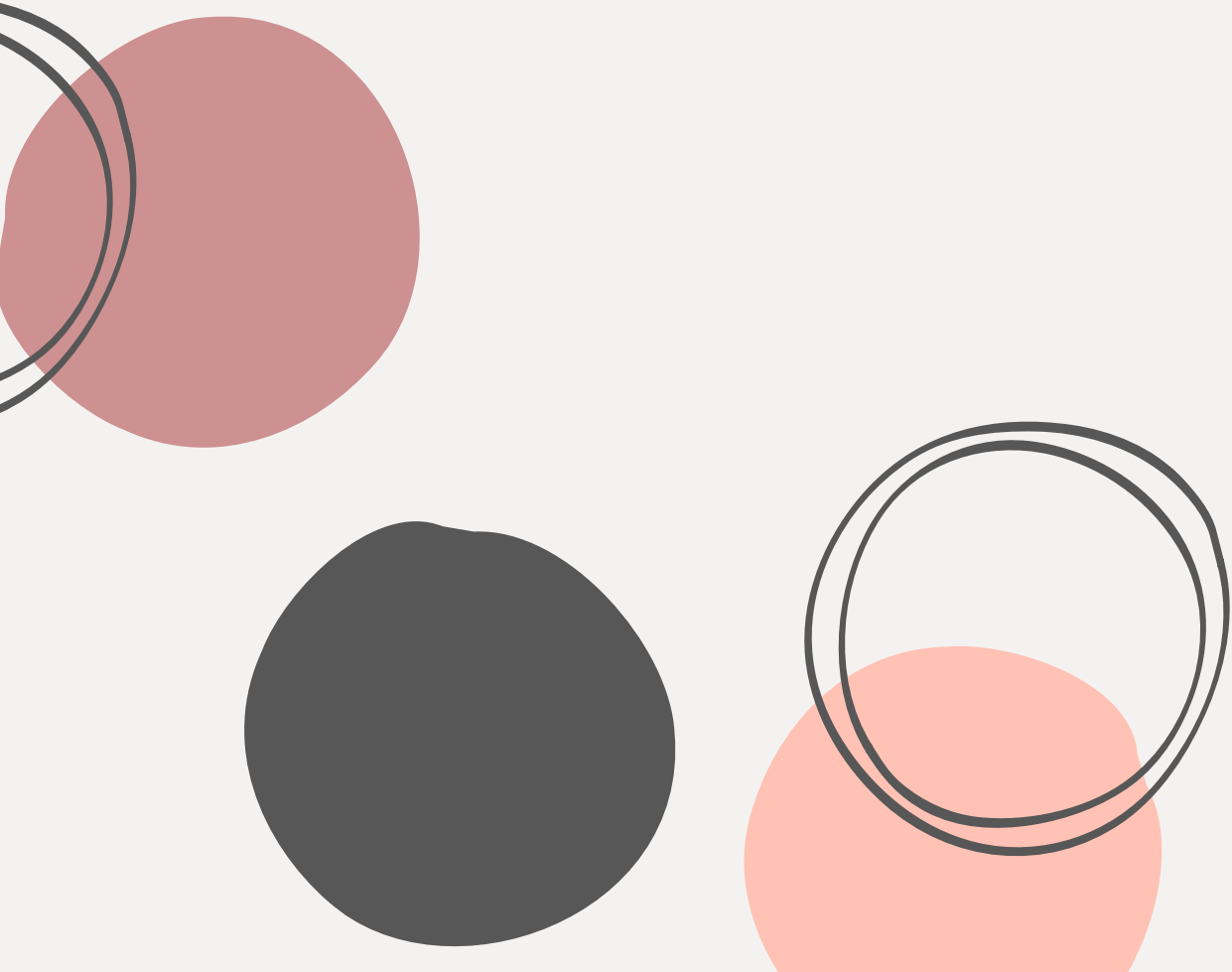


How are you handling your mental health situation?

"Just getting by day by day"

What are some things you've been dealing with and how have they affected your mental health?

"Loneliness"



How are you handling your mental health situation?

How do you take care of your mental health?



"Twitter"



What are some things you've been dealing with and how have they affected your mental health?

"Personal health, friends, academics, overthinking, anxiety, fear"



How are you handling your mental health
situation?

"Meditation, healthy eating, rest, seeing family and
friends, doctor visits"



How do you take care of your mental health?

"Taking breaks, watching Netflix, eating well, talking with people, balancing academics and entertainment, self-care practices, poetry."



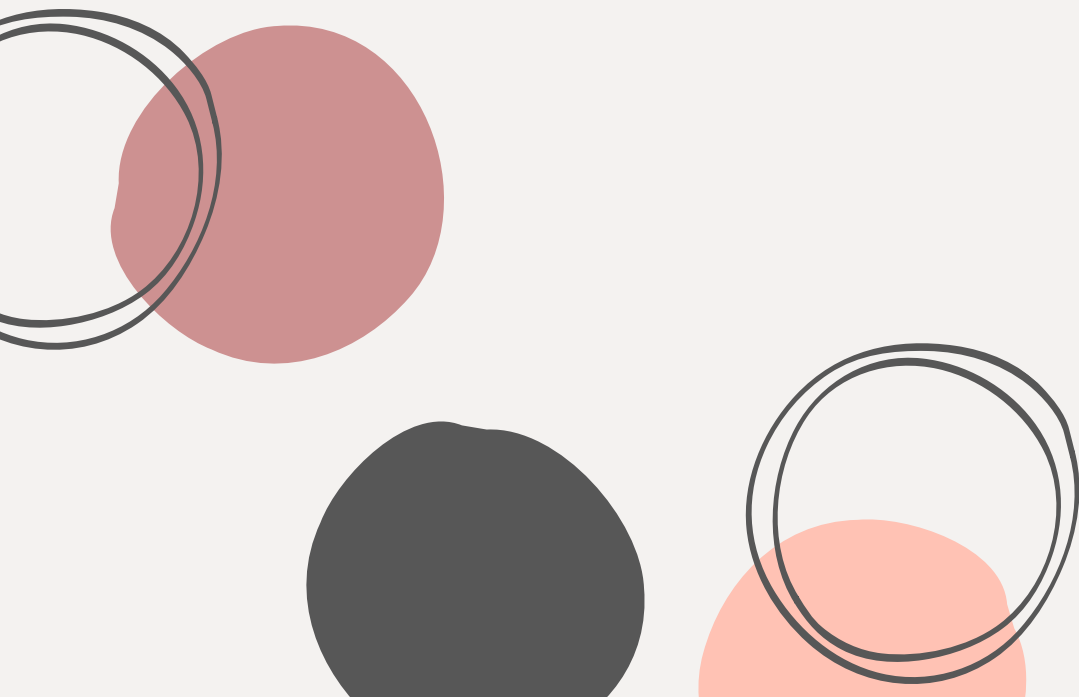




How do you take care of your mental health?

"Facetiming with my family"

How do you take care of your mental health?

"I take breaks, I read, I exercise. I write little notes for myself to keep going."



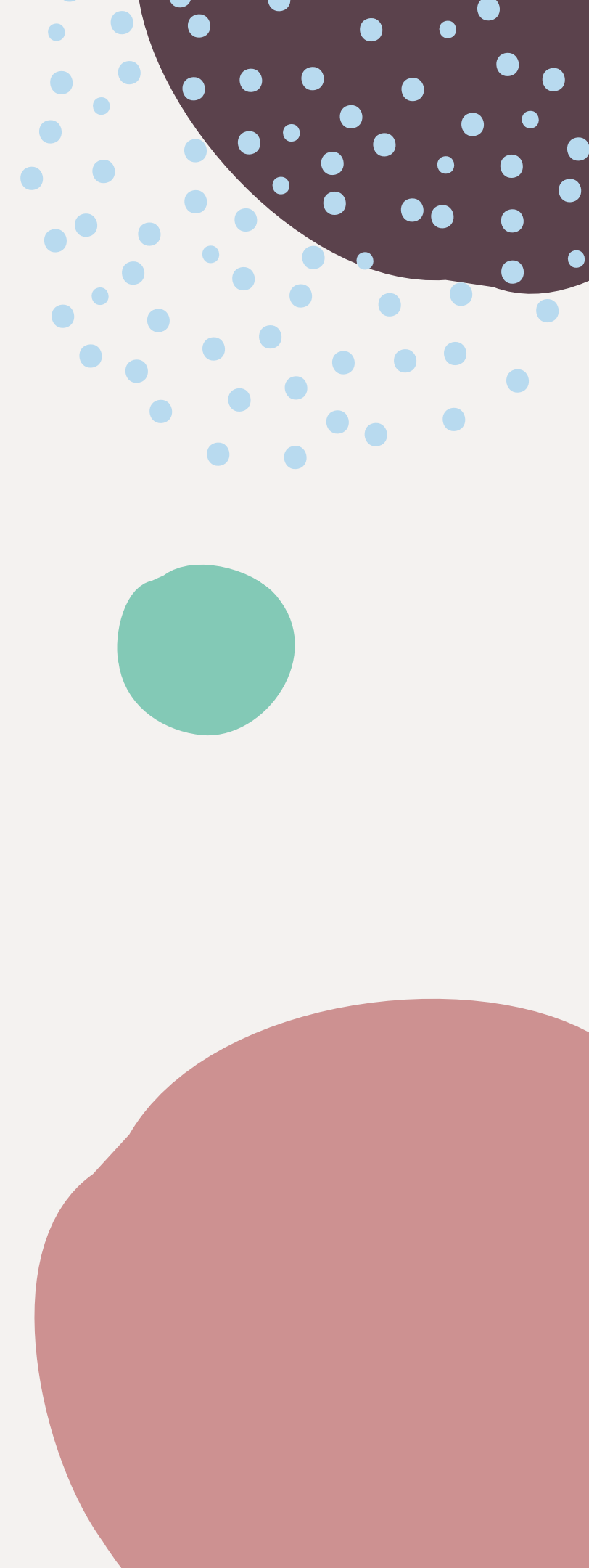


What are some things you've been dealing with and how have they affected your mental health?

"Having high expectations for myself academically and in all aspects of my life has led me to isolate myself out of a fear of not achieving these goals. This isolation, the stress I put on myself, and the lack of support I have have led me to often feel anxious and depressed."

What are some things you've been dealing with and how have they affected your mental health?

"Personal health issues, sadness without concrete reasoning, low motivation"





How are you handling your mental health situation?

"Going to group therapy, speaking with peers and family, practicing self compassion"

How do you take care of your mental health?


"Naps, speaking with friends, eating yummy food, taking warm showers, drinking tea"





How are you handling your mental health situation?



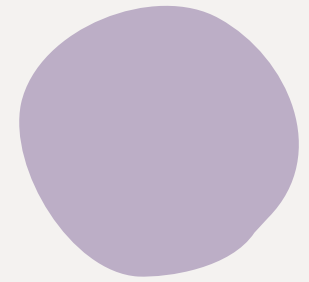
"Talking about it. As much as I can I voice my concerns to my friends and family and make sure my voice is heard. When I took the decision, I did it alone. But to carry through with it I realized I need a support system."





How do you take care of your mental health?

"Take breaks, physical self care such as taking a bath or using a face mask, try to incorporate a mindfulness of self compassion exercise into my day"





How are you handling your mental health situation?

"I am doing my best to practice mindfulness and take care of myself, but my main way of coping is just to isolate myself."



What are some things you've been dealing with and how have they affected your mental health?

"Family tensions and lack of close friendships have caused me to feel lonely and has contributed to the depressive episode I'm experiencing. I am anxious and overwhelmed at the amount of work I have to do and have been procrastinating because I worry it will be inadequate."



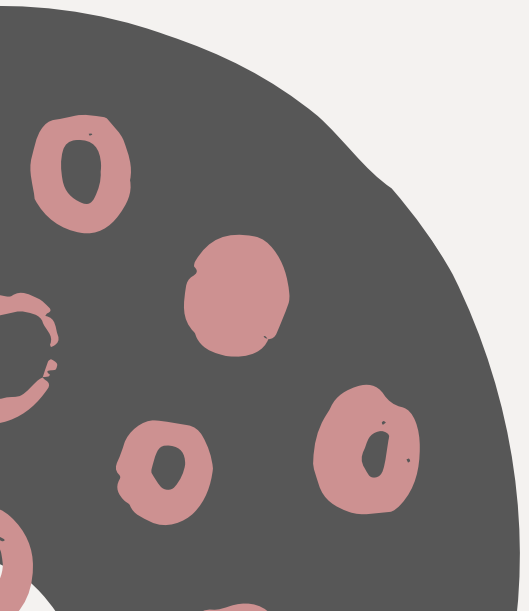
How are you handling your mental health situation?

"I've been attending therapy regularly. I've been working on forgiving myself for relapses. I've been trying to accept that even if I'm not able to spend mental energy on recovery, just surviving and little strides are just as good for me and important. But overall it still doesn't feel good."



How do you take care of your mental health?


"On days where my mental health is really bad, I allow myself to narrow down my tasks for the day. That may mean I sleep more and do homework the next day, but sometimes I just really need to use my energy on the one thing of the day that I'm struggling with instead of five things."





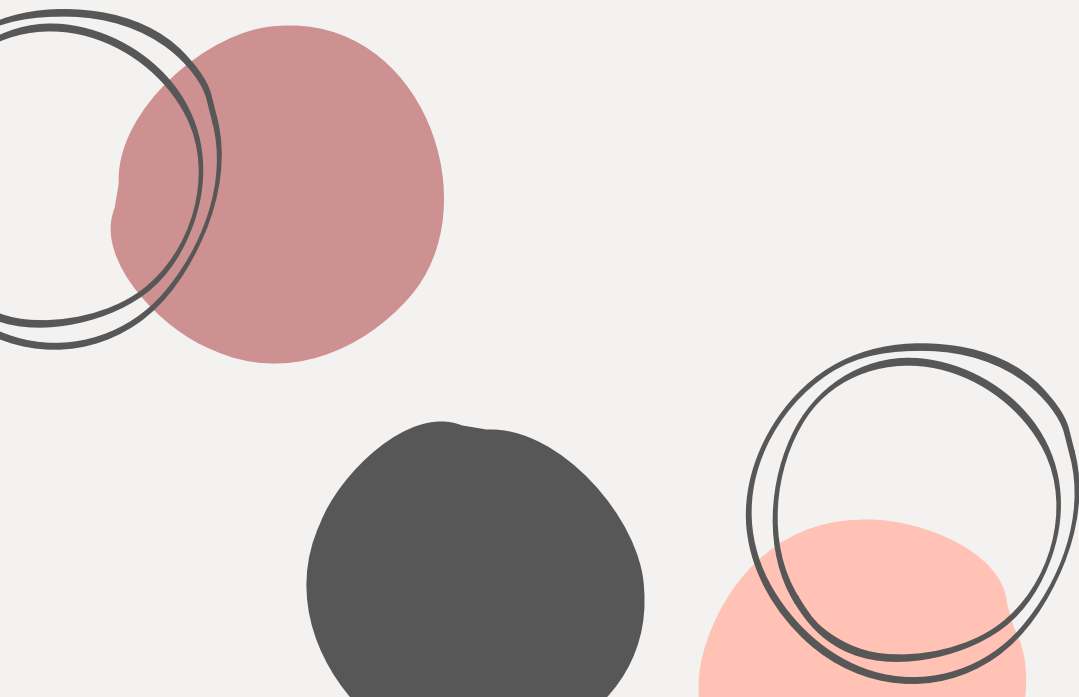
How do you take care of your mental health?

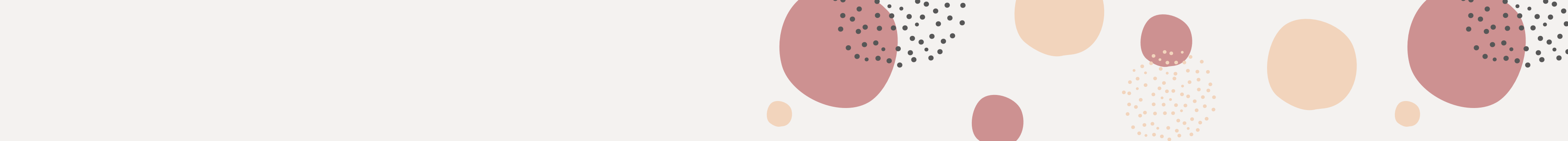
"Even if I don't need active help I try to let my friends know I'm not doing okay, that way maybe they can feel prepared if I need help later or maybe they'll know to do something else to support me that I don't know to ask for."



How are you handling your mental health situation?

"I am on antidepressants right now (nothing embarrassing about that), and I have regular therapist meetings. When I am in a significantly worse mood, I will sometimes use online or telephone-based helplines."





How are you handling your mental health situation?

"I have used nearly every resource provided by the school for academic, emotional and career help, and even though it isn't always enough, it feels good to reach out to people and admit that you need help getting back on track."



How do you take care of your mental health?

"The main thing I've learned is to let yourself do little things that make you more comfortable if they aren't counter-productive. I have weird sensory needs that make it hard for me to wear certain types of clothing, so I don't, even if it seems a little embarrassing."

How do you take care of your mental health?

"I have found ways to eat as healthy as I can, even with my weird food preferences, and not judge myself. The most important thing I learned is to respect yourself enough to do this, and to realize that just because your preferences and needs aren't typical or conventional, doesn't mean they're wrong or unhealthy."





How do you take care of your mental health?

"Shame is an important emotion, but you shouldn't feel ashamed of yourself for things you can't change or control."