

Mentally Ill

Stop The Stigma

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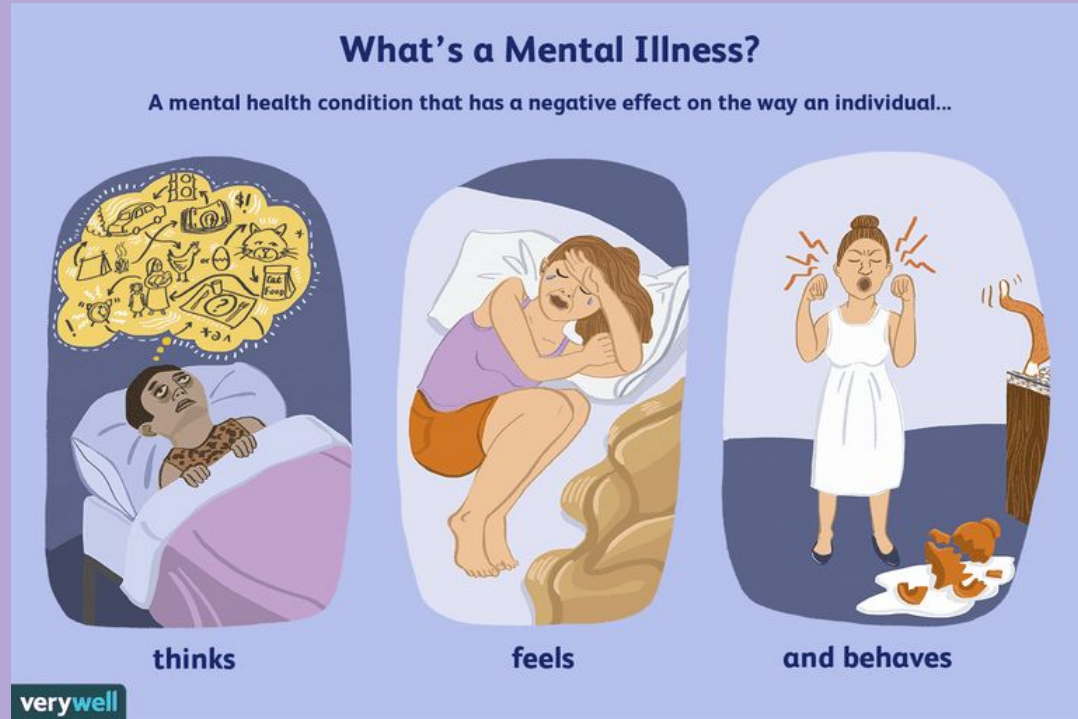
Introduction



- Mental health talk = taboo
- Mentally Ill = misunderstood
- Mental Health stigma
- Challenging that stigma

Mental Health

- Emotional, psychological, and social well-being.
- Affects how we think, feel, and act
- Handle stress, relate to others, and make choices
- Important at every stage of life



Anxiety Disorders

Social Anxiety
Phobias
Panic Disorder



Bipolar Disorders

Bipolar I Disorder
Bipolar II Disorder



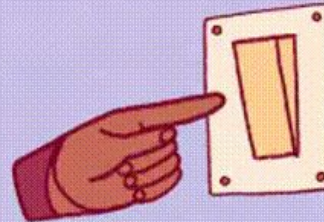
Depressive Disorders

Major Depressive Disorder

Types of Mental Illness



Anorexia
Bulimia
Binge Eating
Eating Disorders



Obsessive-Compulsive Disorders
Hoarding Disorder



Sleep-Wake Disorders

Problem

- Mental health stigma
- Harmful effects
- Affects everyone
- Separated community

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Types of Stigma

- **Public stigma**
- **Self-stigma**
- **Institutional stigma**



Example of Stigma: Mass Shootings

Mentally ill = crazy, dangerous, harm people ← **WRONG**



What stigma causes...



What *Mentally Ill* can do?

- Show society what a mental illness is like
- Bring mental health into the light
- Challenge the stigma
- Inform
- Give a voice
- Help people

Faking happiness

Negative thoughts from mental illness



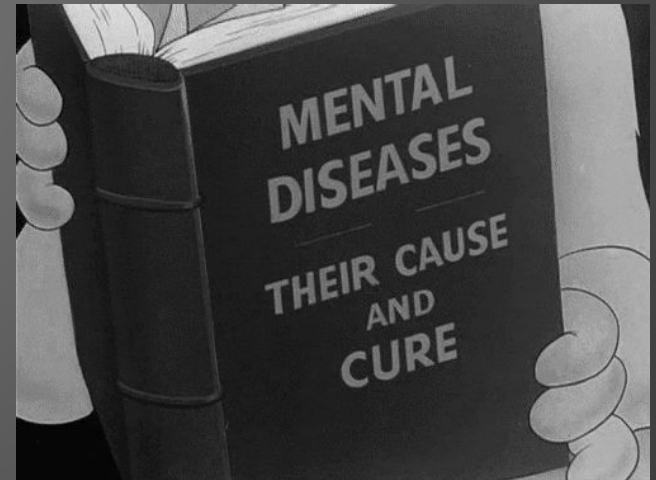
Broken

Trapped, prisoner

Form of therapy

Mentally Ill

- Series of multimedia artwork
- Each generalized mental illness
- Will have a description - what illness is, symptoms, treatment
- 24 different pieces of artwork



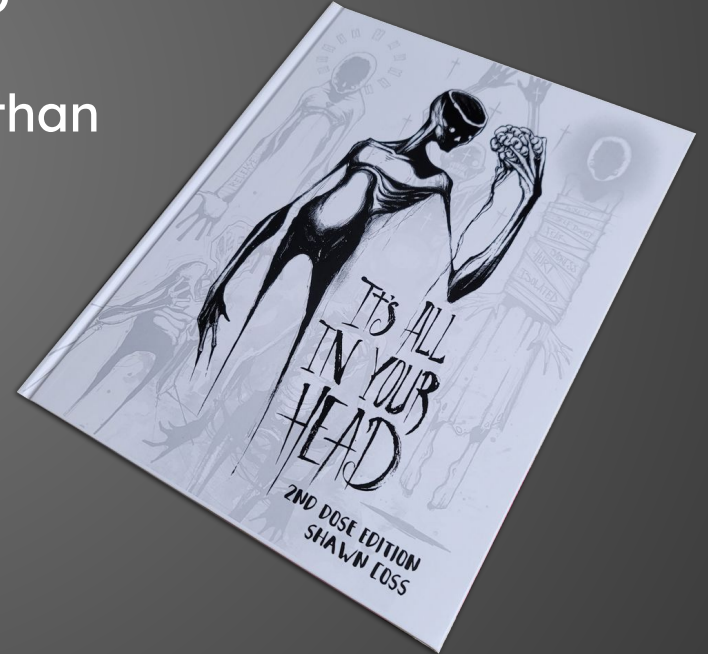
Audience

- Don't understand mental illnesses
- Don't understand mental health
- Those who believe in the stigma of mental health alone
- Judgemental people
- Society/public



Inspiration

- Book called *It's All In Your Head* from Shawn Coss
- Depictions of mental illnesses through 2-D drawings
- Describe how a mental illness feels more than words could



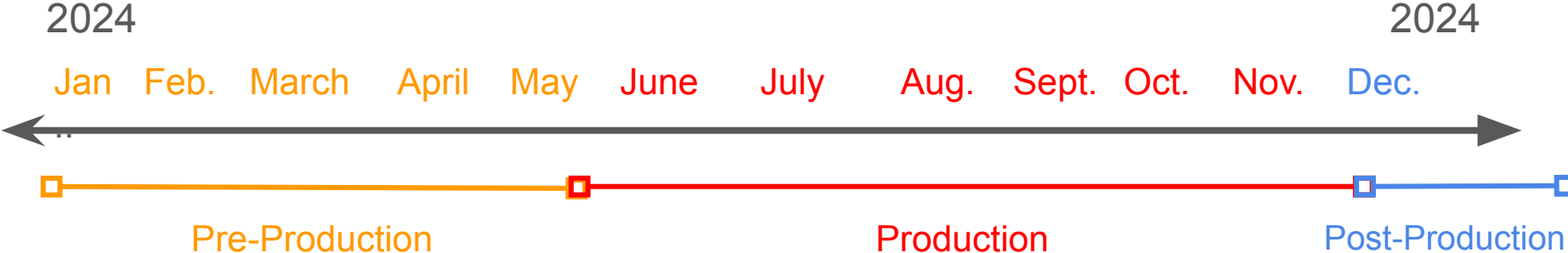
What makes my project **unique**

- Multimedia art instead of 2-D drawing
- Pieces for all types of mental illnesses
- Descriptions with treatment and symptoms
- 3-D combined with 2-D and motion graphics



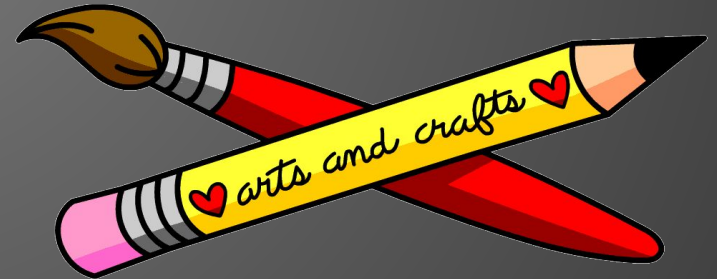
Schedule

This project will be done within a year, it will start in January 2024 and end at the end of December 2024.



Pre-Production

- Month of research
- Online resources
- In-person resource - psychiatrist - interview
- Four to five months of getting supplies
- Arts and crafts stores and thrift stores



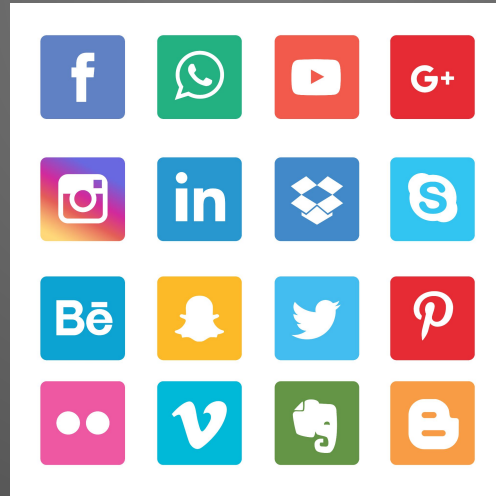
Production

- Month of creating the digital art
- Physical portion of it within 2 - 3 months
- Last few months to combine both the digital and physical portions



Post-Production

- Create a website - digitally displayed
- Social media exposure
- Multiple art exhibitions



My Best Qualification

- Personal experience
- Bipolar Disorder, ADHD, Anxiety, and Depression
- Battled for years
- Experience with stigma
- Sought help, have my own psychiatrist
- Manage them



Conclusion

- Help those who struggle with a mental illness
- Battle stigma
- Make a difference
- Bring Mental Health into the light
- Inform the public



Mentally Ill
Will help

END THE STIGMA