

Mental Health

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What is your topic?

- Mental Health
- What is Mental Health?
 1. Mental Health is a person's condition with regard to their psychological and emotional well-being. It affects how they see, think, feel, and act.

Why is it interesting

Mental Health issues is a topic that doesn't seem to be taken serious, many people with mental health issues are just written off as crazy and the impact of their problems doesn't really seem to have enough awareness.

There are a wide range of mental issues and it affects many many people some you wouldn't even know because not everyone with mental health issues act crazy.

Current Findings

Statistics:

- About 1 in 5 adults in the U.S experience mental illness per year, that's 43.8 million or 18.5% of the population.
- About 1 in 5 children ages (13 to 18) experience problems with mental health issues, that's 24.8% and for ages 8 to 15 it is 13%
- Serious mental illness cost America \$193.2 billion in lost per year
- Suicide is the 10th leading cause of death in the U.S and the 2nd for ages 10-34
- More than 90% of suicides are by people who suffer from mental health issues
- Only 9% of people with mental illness tell their families because they feel hopeless like it can't be helped or treated.

Research Topic

In seeing people on t.v that commit these horrendous crimes that are being diagnosed with mental health issues, do you think that it is more of a justification for their actions or do you believe people with mental health issues are more likely to commit murders?

Sub Questions:

- Do you know what mental health is? If so what is it? If not why don't you know?
- Why do you think people aren't as socially aware of mental health issues?

Interview Responses & Analyzation

1. What is mental health?

- 1st interview- Mental problems that people go through
- 2nd interview- The way a person mind has them think feel and act that is different from the regular mind
- 3rd interview- The different way a person thinks that isn't like everyone else

2. Why do you think people aren't as socially aware of mental health issues?

- 1st interview- People may feel like if it doesn't affect them then they don't need to worry about it
- 2nd interview- We are aware that the people who has these problems are crazy and that's being aware enough
- 3rd interview- People don't really take action or awareness to things that don't pertain to them or have a direct effect to them.

3. Research topic Question-

- 1st interview- Mental issues justifies craziness, and whites always need a justification for their actions because they don't want to make the race a problem but the interview, so it's like they say, "he is crazy or he suffers from schizophrenia that's why he does that, and it makes the problem seem like less than what it is".
- 2nd interview- That problem many occurs from white suspects and it is just a justification i feel like someone with mental issues are way more likely to hurt themselves than to go out killing people.
- 3rd interview- i feel as if for someone to actually go out and kill tens of hundreds of people or put that many people in harm's way than they do actually suffer from mental health issues.

Interview Responses & Analyzation c

The interviews gave me insight on how different people from different environments felt. Majority of the answers i received were similar and touched basis on the question. They all had an understanding of what mental illness can be but i don't they really understood the type of impact it has on them. A lot of the response was that it wasn't a direct issue for them so it wasn't something they worried about. But all basically felt like mental health issues = crazy.

Learned Experience

From conducting interviews and doing research i learned a lot of factual information but i also learned about the opinionated side of it all. Mental health issues affect 1 in 5 people children or adult which means that it is an issue that occurs within each family and more people need to actually be aware of that because their family member can be suffering from this problem and not letting it be known.

Conclusion

Mental health needs more awareness especially because it is hidden so much by the people who suffer from it.

There is a lot of time and money that goes into this issue and if people cared more and tried to help their loved ones and family this wouldn't be such a in the dark topic, like the black sheep of sociological problems.

Mental issues affect a wide range of people and even though you or someone you know aren't affected by this issue now down the line it could happen to anyone you know so it's good to be aware now of what it is and what to look for and the way you can help in certain situations.

References

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Summary

Throughout our life we can be hit a curveball anytime, one day we can be perfectly fine and the next we could be fighting mental battles within ourselves that no one knows about. Mental health issues is a serious problem faced by a lot of the people around us and it isn't something we should tread lightly because that would only lead to progression and that can end in one of 2 ways, death; whether it's suicide or homicide, and mental institutions where they have no choice but to live within their mind 24/7. Mental health is not something incurable, there are many treatments to help someone that suffers from it. A Lot of the time people are too scared to receive help because they would be labelled crazy.