



Serotonin Awareness

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Welcome!

Welcome to life;better's first newsletter for the community. Our goal is to tackle a variety of mental health topics and to provide clear and concise information. We will bring into light the stigma of mental health challenges and the impact it has on those who struggle with it.

We are not an alternative to therapy. We are just a collective trying to bring awareness to all, no matter who they are. We understand the impact mental health challenges have on one's life and want to show that they are not alone. There is a whole community dedicated to supporting one another. We are part of that community.

Please email us to know what topics you want us to talk about. We would also want your input into what has been your experience with mental health and mental health challenges.

Destigmatizing Mental Health Challenges

The word "destigmatize" is used a lot in the mental health field. It is used as much as the word stigma when discussing the prejudice faced for those with mental health challenges. For those unfamiliar with the term stigma, stigma is defined as a mark of shame. Those with mental health challenges feel the struggle to seek help due to how people view treatment. Happily, this is changing. More and more people are learning about mental health and its truths.

How can you help with destigmatizing mental health? First off, learn about different health challenges. What is the difference between bipolar disorder and depression? What exactly are personality disorder? Educating yourself about these mental health challenges will open your eyes to how words such as crazy and lunatic can be harmful to people who struggle with mental health. Next, try to educate others in a respectful way. Inform others about the stigma on mental health and the harmful labels used.



UPCOMING EVENTS

Oct. 4-10: Mental Illness Awareness Week

Oct. 8: National Depression Screening Day

Oct. 10: World Mental Health Day

You are not a burden. You will never be a burden.

-Sophie Turner