

Envision | Issue Statement Paper

Group Name

#imanut

Authors

1. Andrea Venderby
2. Victoria Wolan
3. Crystal Raines
4. Raven Washington
5. Aman Srivastava
6. Ben Richards

Issue and Topic

Let's Talk... about Mental Disorders

Background on the Issue

It may be shocking to hear but 1 in 5 people in the United States of America struggle with a mental disorder each year. Every day, you constantly encounter people who have these mental illnesses, but you would never know because they look like normal people on the outside. Mental illness is defined as a wide range of conditions that affect mood, thinking, and behavior, and it usually does not include any physical symptoms. In today's society it is considered taboo to talk about mental illnesses, but it is a topic that must be talked about with full attention. We must talk about the different mental diseases because most of the segment of the population with a condition stay silent in fear of judgement by their peers. Many people feel shy when speaking about mental illness because of the lack of dialogue and public information. The stigma behind the disease must end, and we believe that we have a solution.

Solution

Our goal is to spread awareness and allow people to talk about mental illness, hopefully until it becomes a regular topic of conversation. Social media is a powerful resource that can be harnessed to spread the information about mental illnesses. By taking this topic to social media, people would be able to see our social media page and logo that would help to educate the general public. We have also created a hashtag called "#imanut" to go along with our acorn logo. Each nut represents a different illness such as a peanut represents bipolar disorder, acorns are depression and walnuts are ADHD. We plan to create the trend of making a video of balancing a cup of nuts on your head or any part

of your body on social media to make people interested in what our message is and soon it will become a trending video.

As a result, the topic of mental illness will become more well-known to people and the money raised on our website from this “challenge” will go towards more research on these disorders and advanced medication. The donations would also go towards better one on one education to help students’ specific needs. We will also raise money for this project by selling merchandise, such as t-shirts, hats, bracelets, etc. This foundation will work similarly to foundations like the Breast Cancer Awareness and Foundation for Autism, which have become very successful. Most schools do not know how to handle students with mental illnesses correctly because every person has their own specific needs. By not having more specialized care, these students are losing out on proper care that they should receive. While these donations would be hugely important, our primary goal is simply to educate the population on the different types of mental illnesses, as well as the steps we can take to help those that suffer from them. We want to make a difference in this society, so join us in our mission to make a positive impact today.