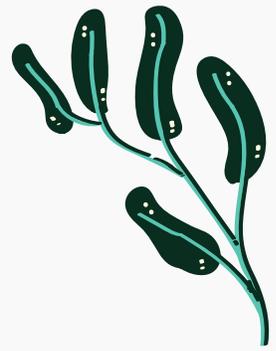


MENTAL HEALTH



The ways on Mental Health

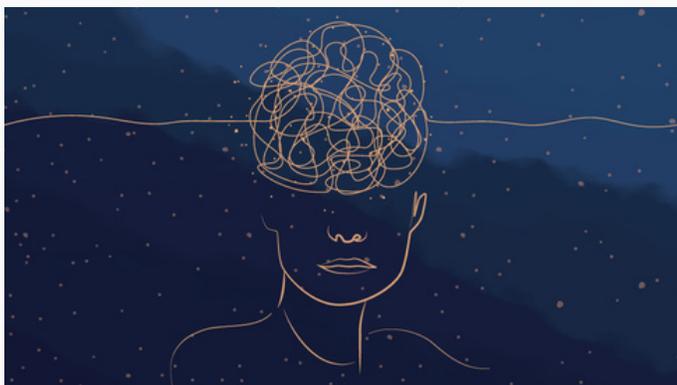
December 1st 2021

Shuhana B.



WHAT IS MENTAL HEALTH?

- Mental Health is a part of our "emotional, psychological and social well-being".
- Mental Health comes in all sorts of ways. It affects how we act, feel, and think.
- Mental Health - examples: depression, anxiety disorders, eating disorders, addiction, etc.



"On days I hate being myself, days I want to disappear forever. Let's make a door in your heart. Open the door and this place will await, you can believe in this Magic Shop that will comfort you."

- *BTS, Magic Shop*

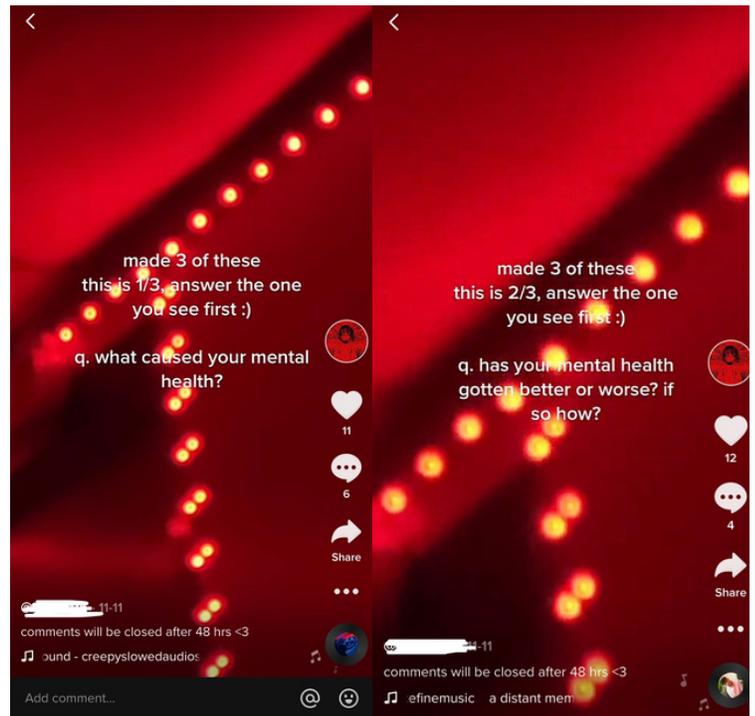
MENTAL HEALTH

Tik-Tok examples

December 1st 2021

TIK-TOK EXAMPLES

Using Tik Tok we tried to see how others viewed mental health. As well as how it may or may not have affected them. Here are the videos that were posted and the results that came in from the people of the platform who use it.



<-- Video one

Video two -->

