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### **Artist Statement**

Most people do not pay attention to their mental health and they do not pay attention to signs. But those that do care about their mental health might not be able to seek this. In my multimodal project, I wanted to educate others and also raise awareness to the barriers that go to seeking professional mental help. There is a lot of poor mental literacy. There are so many young adults and adolescents that do not know why they do not seek help. Doing a brochure was my best option because it does not only provide so much useful information but also pictures that can speak for themselves. A brochure is very straightforward and my audience can really get shook on it because of the visuals. The inspiration for my images was to make them relate to what I am talking about. When you see the images, you will know what my writing is about. For my cover I wanted to make sure that my audience and everyone that sees my brochure, work will know what everything is about. For the first and the rest pages, I was talking about the main three barriers that prevent most people from seeking mental help. I provided images that I got from google and the images that I chose spoke to me. I would have not chosen images or pictures that did not relate to my work or what I was talking about. What I expect from my audience is to educate themselves more if they have not heard about the things I have written about. I hope that they get intrigued by it and really like my work. I hope that they can also raise awareness and for those that cannot relate I hope that they can read it and educate themselves. I want my audience

to really care about their mental health. It is okay, to not be okay. This does make you less than anyone else. This makes you way stronger because you can make it through. Everyone's situation is different but do not feel weak for asking for help. If you need it, ask for it. We are all humans and not everyone has a perfect life. If a parent reads my brochure, please be there for your child or children. There are a lot of young adults and adolescents that hide their emotions very well. There is a lot of work to be done in the healthcare system, especially the mental health services. Access to healthcare is a big problem which is something I talked about. Since there is not a lot of awareness and people do not talk about openly, this is not really a priority for professionals. To those young adults and adolescents, you matter and your mental health matters. Sometimes it is important to put yourself first even if it sounds selfish, remove yourself from negative energy. My tone is very straightforward and professional. I can relate with some of the barriers that I have talked about, among with the millions of people out there.