

## COST & ACCESS TO HEALTHCARE

There are thousands of people probably millions without health insurance. Not having health insurance is something major because you cannot access the services that you need. And without it, you may need to pay out of pocket and not everyone has that kind of money.



## MENTAL HEALTH MATTERS.

We need to make a change and raise awareness. We need to pay attention people closest to us because you never know what someone might be going through. There is a lot of people with poor mental literacy. It is important to speak up about how you feel and not feel embarrassed or shameful. That makes you humans and speaking your truth makes you strong. You are capable of doing anything and fighting your demons is amazing.

**MENTAL  
HEALTH  
MATTERS**

## BARRIERS TO SEEKING MENTAL PROFESSIONAL HELP



# STIGMA

Adolescent and young adults feel pressure to keep up with the stigma that surrounds masculinity. They feel as if they are less than what they are. They feel shame if someone hears about them having some kind of mental health problem but it is fine to not be okay. Mental health is about being able to cope with stressors of life.



# CONFIDENTIALITY

Confidentiality is a big issue when it comes to seeking help. There are a lot of young adults thinking that they got it and they do not need help. They are afraid that they might be exposed to people close to them. Having that trust is very important and if it is not there then they do not feel comfortable.



## Reference:

<https://www.popsugar.com/fitness/mental-health-month-2020-47416737>

<https://www.caribbeannationalweekly.com/caribbean-breaking-news-featured/mental-illness-overcoming-the-stigma/>

Psychological Health Center of Excellence

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<https://slidesgo.com/theme/medical-breakthrough-background>