

MIND MY MIND



Mind My Mind are a group of young people who are directly or indirectly affected by mental illnesses. Through their movement Mind My Mind strives to create awareness of mental health using their talents and skills. Mind My Mind is a movement whose mission is to end the stigma surrounding mental health and create change so people suffering from mental health feel respected and appreciated.

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To end the stigma, stereotypes and talk that surround mental illnesses, the organisation used social media to share daily graphics centred around mental health that seek to inspire, motivate, encourage and give hope. Each member of the team shares the graphics on their respective social media platforms. They have also engaged bloggers who wrote educative articles on mental health, the result of this was an extremely positive response from the general public, as it helped them to learn more about mental health and why it is a serious issue that needs to be addressed.

To highlight the impact of depression, suicidal thoughts and the overall impact of mental health conditions they created a series of highly impactful photos to paint a clearer picture of what goes on in the life of a person who may be depressed and suicidal, the result of this work was an influx of young people contacting the organisation wanting to join. The many young people joining Mind My Mind were also directly and indirectly affected by mental illnesses. The organisation then saw the need of starting its own support counsellor group consisting of psychology students, counsellors and practising psychologists. The group has been able to advise on 30 cases of depression and suicide.

The organisation also had a project for youth, where they gave them an opportunity to express themselves in art through an open call to poets to submit uplifting poetry pieces centred around creating awareness on mental health.

The aim was to reach depressed persons through the poems.

A free e-book was published with 40 uplifting pieces of poetry titled 'I Will Soar'. The excitement, feedback and reactions on this project was rewarding.

Mind My Mind designed and printed mental awareness T-shirts which were distributed among members in order to aid the awareness campaign.

Future plans for the organisation includes doing a major photography and art exhibition where proceeds will go to creating more awareness in painting positive mental health messages on dustbins, printing stickers and educative materials. They plan to have to Mind My Mind clubs in schools and create a chatbot that will help demystify mental health and help talk to depressed persons so that they do not feel alone, as well as having a suicide hotlines and rescue centres for suicidal persons.

Mind My Mind is a continuing project that seeks to create awareness in all corners of the country, they aim to have a larger support group - a community that will in future create a conducive environment for the people suffering from mental illnesses.



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