

**Project Name:** Mind Of Mental Health

**Big Idea:** Mental Health Support

**Essential Question:** What can you do to make your mental health better?

**Team Members:** Natalie K.

**School/Organization Name:**  
Benjamin E. Mays High School

**Location:** Atlanta, Georgia, USA

# What Challenge Does The Project Address ?

**The challenge this project address is what can be done to make people's mental health better and in the right state of mind to be able to have a healthy mental mind.**



# Why Did I Select This Challenge?

**I selected this challenge because I see there is a problem with mental health it's not being taken serious. Some people are actually struggling with not being in the right state of mind.**

# How Is Mental Health A Real World Problem ?

**Sometimes, us humans think it is ok if we are just physically healthy but not mentally. You would want to make sure that you are both physically and mentally healthy.**

## The Problem

**Some people think mental health is not serious.**



# Causes Of Bad Mental Health

**People are being overwhelmed**

**Don't think before taking action**

**Put others before themselves**

**Feeling Alone**

**Not Being Heard**



# The Effects Of Bad Mental Health

**People are killing themselves**

**They may hate themselves/ feel unwanted**

**Doing harm to the body**

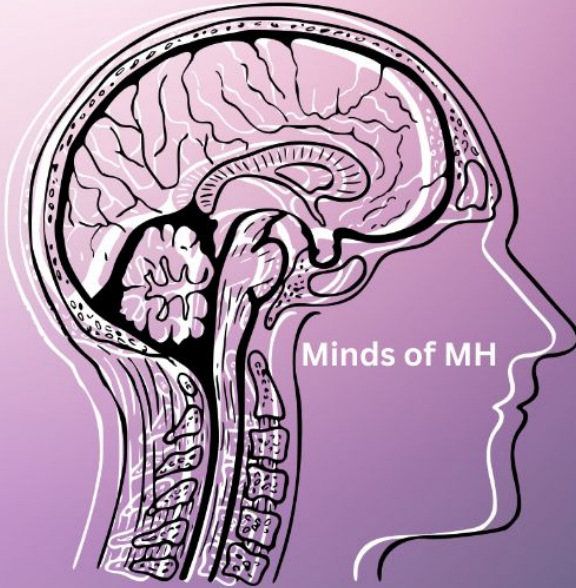


# The Solution

**The Solution for mental health was to do a podcast called Minds of Mental Health. It is basically a podcast explaining how your mental health can be at peace and how to make it better because sometimes people just make sure they are ok physically but mentally they are not in the right state of mind with their self. Out of all the 17 Sustainable Goals, this topic will fall under Good Health and Well-Being.**







## **Minds of Mental Health Podcast**

**Episode 1:**

**[CLICK HERE TO LISTEN!](#)**