

Now if you're wondering as to why I'm asking the three main questions of race, age and gender it is due to my curiosity in how those things may play into this study and difference in mental health illness. I asked race, to see if it has play in the effect of mental health awareness for others. For example, some hispanic men are stereotyped into being "macho" so they possibly decline their mental state and need for therapy. On the other hand, what about gender? Can gender stereotypes or gender itself effect the openness to therapy, or admitting mental illness. Or in fact can gender itself be play in the matter because females can be more receptive to depression or mental illness as to guys maybe more prone to substance abuse or addiction. Now, the big one is age, why? Simply put, what are the different ideas of age groups on the matter, what sort of theories, assumptions, or perceptions of this matter do the different ages hold?

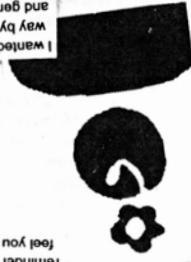


With recent gender equality coming into play with this new era, it has got me thinking. Therapist is the difference in mental health statistics between the male and female population. With that in mind I viewed some research on ways that possibly to interview outcome of mental health in both genders, and with the research I decided to interview my friends of different age, race and gender groups.

I wanted to note my personal opinion: it is my belief that mental health is affected in a negative way by society itself, it's treated as a cause for bullying or violence against a lot of age, race, and gender groups. The reason why? I believe it to be just because it's frowned upon and has been since the late 1800s maybe even earlier. People are yet to understand the impact of what mental illness does, how it affects people on a day to day basis and more. So it is my suggestion that if you have any issues yourself to seek help, there is such a thing as confidentially common among all mental health professionals. I can understand it's expressive, however there are people, groups and programs that offer free therapy. On the other hand if you don't want to "vent" to other people in general there are forms of therapy in doing activities or hobbies, a positive way to vent your emotions is breaking things, maybe take an old broken item and smash it somewhere safely and away, however be careful. Another way to release emotions could be a form of art or any form, art in itself is based on emotions, and it has many forms in which are photography, painting, poetry, or writing (etc). So with all that said I hope you find your way of therapy, as long as you aren't hurting yourself or anyone around you it offers a positive way of looking at life.



With having this all said and done I conducted some research, the subject of race, age, and gender affecting mental health awareness isn't actually studied all too often it seems. However I did come across interesting articles on the matter at hand. But before I start getting into the topic of research and statistics I want to say a few words of my own for those who may possibly be struggling with lack of mental health awareness. You're not alone, a lot of people have issues of their own, I myself suffer with alot of mental issues and insecurities but I keep the hope of never being alone, and never giving up. It's a powerful thing when you're able to admit you need help, even if it's just to yourself, or even telling yourself that you'll pull through and at the end of the road, in order to see what makes you happiest. For those who read this I want to be a reminder that you can do it, you're strong, durable and amazing. Forgive yourself for things you feel you did wrong, forgive others when you yourself are ready to do so, and never let anyone downgrade your emotions, because they do matter, YOU matter.



With all the information laid out, I'll end it here. Thank you for reading my zine, I know it's short but I didn't want to bore anyone. I hope you enjoyed my opinion on the topic of Mental Health, it's been something that spiked my curiosity in the day to day world, I listed helpful links, numbers, and tips in the back page and cover to hopefully help anyone in need, have a lovely day, afternoon, or night. <3



<http://www.nih.gov/index.shtml>  
Offers information on the different mental health disorders

<https://go.coc/kgs/yCCo8g>  
List of mental illnesses

<https://www.betterhelp.com>  
Offers affordable e-counseling/online counseling

1-877-SAMHSA7 (1-877-726-4727)

Get general information on mental health and locate treatment services in your area. Also offers a live person to speak with you, Mon-Fri from 8am to 8pm EST

1-800-273-8255

Offers a 24/7 suicide prevention hotline

1-800-799-7233

Offers phone support to people experiencing domestic violence.



**Take time to laugh.**  
Hang out with a funny friend,  
watch a comedy movie,  
or check out cute or funny videos online.  
Laughter helps reduce anxiety.

**Relax in a warm bath once a week.**  
Try adding epsom salts,  
they often soothe aches and pains,  
it also boosts magnesium levels,  
which deplete with stress.

**Take 30 minutes to go for a walk in nature.**  
It could be a stroll through the park,  
or a visit to the woods.  
Research shows,  
that being in nature can positively help energy levels,  
or even reduce depression.



Hello & Enjoy

MENTAL HEALTH



AWARENESS

By xTeddyo

## The Questions

1. What ethnicity are you/identify as?
2. How do you view therapy/counseling
3. Would you see yourself going?
4. I'm currently studying why males have a difference in mental health rates and I've witnessed some cases of males not taking therapy due to it being "weak" do you see emotions as such?
5. Do you think masculinity has a part in why males don't seek help for their mental issues?
6. Do you think females should naturally be more open and honest about feelings than guys? If so why?
5. In your opinion do you think the reason for there being a difference between male and females being diagnosed more often is due to the way females are treated?
6. How old are you?

### 16yr Old European MIF Transgender

"Therapy can be very helpful, I go to it already. Emotions more show empathy for the world around you than a weakness of yourself. In a sense it's a strength, As a past guy I'd say it has something to do with confidence. "I have to be manly for girls to like me." I think we tend to do that because we were never pressured to "be strong", I think it could be because many females are often treated as a priority due to past minority and less rights."

### 17yr Old Mexican Male

"Therapy is expensive but I would go, no I don't think emotions are weak at all. But yes I think has a part in that, I don't think it's because of the way females are treated but rather dependent on the person and not gender. However I agree with question 5."

### 14yr Old Filipino Hispanic Nonbinary

"I hate it, honestly I believe that therapists/counselors never care and only do it for the money, I don't see emotions as being weak. And I don't think that masculinity has a part in why males don't seek help I think it's because of the environment they grew up in and the company they keep. No I don't think females should be more naturally open with their feeling than guys because it would be like invalidating guys feelings, and I agree with question 5."

### 18yr Old White European Male

"I do need therapy 100% but I just don't go in for it. I'm lazy, also I don't want to spend money on something I can fix by myself. I see emotions as a way to prove you care about the world, the world has treated masculinity as a way of being super strong and to not show emotion, now a days I feel like masculinity has a big effect on mental health because our grandparents and parents all grew up in the time where being male meant you had to be masculine and thus they get yelled at or even abused, thus then turning into mental health issues. I feel like everyone should be honest with their feelings, feelings are what makes us see that we are all alive, animals have feelings too y'know? ok I'm going to stop there. Everyone has feelings and should be open about it."

### 16yr Old Asian Male

"Therapy is a necessary part of life for some people. It's a good way for people to explain their feelings and get the help they need. So overall a positive thing, if I needed to yes, if not no. No, feelings are an important part of life and everyone has them. A bit? It's both a society and what men in general think about the term "masculinity," but overall it does affect it at least a tiny bit. Nah, people are people. Someone shouldn't do something because of what they are. Although girls do tend to share their feelings more than guys do, Probably. Hard to say honestly."

### 18yr Old White Male

"I don't know since I've never had it. I can't really judge something that I have no experience in, though if presented an opportunity to receive therapy/counseling I would take it. I can see that, I usually see emotions being a big factor. Therapy being the thing that "hurt or mental kids" are apart of thinking they'll be associated with them which is personally dumb. Just be yourself really, I actually don't know, I never thought of that. It could be?"

### 16yr Old White Female

"I think I need therapy so I'd definitely see myself doing it. I don't like emotions, and it's the toxic masculinity that makes men almost scared to express themselves. I don't think that women and men should express emotions differently, I think that if you want to show them then do that and if you don't, don't."

### 20yr Old Latino Male

"I believe that everyone should see a therapist/counselor at least once in their life. It helps people realize and see things that they probably would not have ever thought of. I personally do not see men being open about their emotions as weak. Masculinity is certainly a large cause of why males will refuse to see a therapist/counselor. The social standard of being strong and emotionless ultimately hurts males from coming to terms with severe mental issues. I think that everyone should be open about their feelings to each other. A lot less problems would result from such. I'm certain that that's a reason but I'm not sure if it's the definitive and only reason."

### 17yr Old White Male

"I think it could be helpful for people but personally no I would not because I am a very isolated person and would be scared to get therapy, PERSONALLY no because if I wasn't such a closed off person I would see it as I would be sh\*t on or something, but it honestly might be because some men take masculinity way too far. I don't know to be honest it just depends on the person I guess, yeah I believe so since generally people treat females with more care."

### 20yr Old Hispanic Female

"I view therapy as a positive and beneficial thing, not only to the person attending but those around. I definitely see myself doing therapy, I am currently in therapy for my bpd and anxiety, which is very helpful, because before it used to be pretty bad for me and those around me like my family and partner. I don't see men who do therapy as weak, I actually think men should actually be more open with their emotions. It's such a big stigma in many places that men should withhold their emotions, masculinity has a huge role to play in it, such as in my culture. Machismo, which is like manly pride plays a big impact, men are normally babied but are supposed to be the strong man that provides for their family and can not show any weakness. So I think with the sense of manly pride they rather not look for help for fear of looking weak and vulnerable. Mhm I think women are naturally a bit more open with expressing their feelings due to society making them seem more emotional. I think it's still up to a person to decide how open they wanna be, I'm personally an open-book. But I understand some women prefer to not be so emotional. I think there's a difference between men and women because I believe women are more likely to seek help for their mental health rather than men. People are usually more okay with women getting help because they are "naturally" weak. Which I don't agree with, but based on my experience some guys I know act as tho getting help is worse than not getting help."

### 14yr Old Indian-American Male

"I have a therapist now, I think it can be really helpful for people. Although I think people don't meet with enough therapists. If you just stay with the first one you meet, they might not be right for you and someone who you can't connect with can't help you. 100%. from when we're kids (and I think this is changing more now but it's still way too common), we're taught and we internalize that men are supposed to be macho and strong, and that crying and talking about how you feel is unmanly. emotions most certainly aren't weak, and actually facing them is so much harder than just pushing them back and pretending everything is ok. I'm lucky to be in a situation where I can always tell someone how I really feel, but so many people aren't and therapy is an amazing outlet for it and is definitely not "weak". There are also other types of therapy which are more "manly" like destroying items like glass, tv's, and broken down cars. I don't think so at all, everyone should be taught to open up and be honest about their feelings no matter their gender or sex. It's not a "feminine" thing to have good mental health. Men just pushing their feelings down shouldn't be normalized. Even if someone pushes for everyone to share, but for women to share more, that's not a good enough solution. That still leaves men in positions where they'll be scared to share. Even if they're in an amazing receptive environment, the thought that they could be judged is always at the front of people's minds and that can't be the future of our society. Yes women (and to be honest everyone who's not AMAB) are treated with more respect and gentleness while people who are AMAB are treated worse by society in terms of mental health. (I'm not saying women aren't treated awful by society, it's f\*cking hard for them too, but when it comes to mental health people are much more receptive to them.) I mean I wouldn't know how most women are treated but I can say from what I've seen, women are treated like objects FAR too much and there's tons of sh\*t that needs fixing, but I think the mentality has changed since the 20th century and there's much more awareness and gender equality even if it's nowhere near as close as where it should be."

