

# BOST HEALTH POLICY FORUM

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# MY MENTAL HEALTH ADVOCACY

## StAMINA

- Student Alliance for Mental Health Innovation and Action
- Projects
  - Ocean discussion cards
  - Youth summit

**\*STUDENT ENGAGEMENT\***

## NAMI Louisville Youth Council

- National Alliance for Mental Illness
- Goals
  - Education
  - Dispel myths/misperceptions
  - Eradicate stigma
- Consisted of high school students from across the city



# COVID

- Uncertainty
- Social isolation
- Increases in mental health concerns
  - loneliness
  - anxiety
  - depression
  - suicidal ideation

**PEOPLE RESPOND  
DIFFERENTLY TO THESE  
CHALLENGES**

# PSYCHOLOGICAL RESILIENCY

- The ability to mentally or emotionally cope with a crisis
- Human beings all have potential for resilience
- Must also be learned through experience, education, and good nurturing

