

Nexus: Mental Health Hub for Schools

(Blog/Peer Story)

Calling all storytellers & mental health advocates! Want to write a blog, share a story, or create a video about mental health? We'd love to feature you on the "Nexus: Mental Health Hub for Schools" website (once vetted by mental health professionals)!

- Any topic is welcome! Whether it's personal experience, tips for coping, or raising awareness, your voice matters.
- All formats accepted! Write a blog, story, create a video, or record an audio message - the choice is yours!
- You can choose to be anonymous, and share your name or initials
- All ages welcome!

PLUS, THERE IS A PRIZE FOR PARTICIPATION!

PEER STORIES

Feel free to share any part of your personal story or emotions you've experienced. Share anything you feel comfortable with, so others can relate and connect. You can choose to remain anonymous or sign with your initials/your name. Remember, sharing your story or an emotion you faced, no matter what it is, can help someone else feel less isolated. You can share it through audio, video, or written, whichever you are most comfortable with.

I have attached two examples of a teenager sharing:

I'm one of those kids who saw the peer stories opportunity and thought I would never do it. And, well, here we are.
The facts: I have anxiety,
Yeah, that's it. I don't face any dramatic, heart-stopping challenges that would make America's Got Talent. The stories that will surely be submitted alongside this one. I don't receive therapy or medication, and I don't need either.
It's okay not to be okay, but I am okay.
Honestly, that's where I think a few stigmas around mental health come from. My problems aren't big enough to warrant serious help and they are not enough to be acknowledged. I don't deserve to call a help line or use a real mental health resource.
If I'm wrong, sorry for the misconception. But I have my fingers crossed this story resonates just a little. To those people that (hopefully) exist, hi, I love your shoes! Secondly, even the smallest problems (breaking a really nicely sharpened pencil, mistake during a group presentation) to the medium problems (homework, missing someone, upcoming school stuff) to the really big problems (cancer, bullying, addiction) and everything between, around and completely outside,

you deserve acknowledgement and help even if it feels really small and dumb. Because addressing small problems helps them from spiraling into even bigger issues, and you deserve to be as happy as possible.

Now let's see if I can ever convince myself of that.

- Anonymous

Friendships, right? We've all seen those movies where everything seems so perfect and effortless. It's like there's this one best friend who's always there, no matter what. But let's get real, that's not how it goes down in real life, does it? We face all sorts of challenges when it comes to friendships. Sometimes it feels like we just don't fit in. Maybe we moved away from our old friends (which happened to me), or people around us have changed (also happened to me), or we're dealing with our internal conflicts. It's tough, and it can make us feel like we're the only ones going through this stuff. But guess what? You're not alone, my friend. Lots of people go through friendship troubles, even if they don't always talk about it.

Those movies and media, they've got us fooled. They make it seem like friendships are all rainbows and sunshine. We see characters laughing, sharing secrets, and being there for each other no matter what. But let's be real, those are just scripted stories meant to entertain us. Real friendships are way more complex. Do you know what's even trickier? When you feel lonely in your struggles because they're not out in the open. You look around, and it seems like everyone else is having a blast with their friends. But trust me, many people are going through their battles behind closed doors. We all wear masks sometimes, especially in places like schools or

communities where people put on happy faces. But remember, what you see on the surface isn't always the whole story.

Here's the deal: friendships change. They evolve just like any other relationship. People grow, they change, their interests shift, and their priorities take different paths. It's natural for friendships to have ups and downs. So, don't beat yourself up if things aren't always smooth sailing.

- Anonymous

BLOG

You can post a blog about mental health and the mind on any topic that catches your interest, regardless of its length. Whether you sign your name, remain anonymous, or use your initials is completely up to you.

These are some examples: <https://nsd.nexusforschools.com/blog>

You can submit either through this link:

<https://forms.gle/e4tiVL4iq9TJCmMW9>