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Mental
Health
Awareness

Mental health

Dear Scottish Interfaith Judges,

I have made a digital painting about mental health as my social justice issue. I have chosen this social justice issue because 1/8 of humanity suffers from it, causing them not to live their lives in peace. I believe this must be given a lot more importance.

This painting represents a girl shielded away from the world's stereotypes (e.g. You are a girl, you must be weak, etc) while in her shield she's loved and most importantly has a strong mindset. The shield is actually her believing in herself and having faith in what she does. By doing this you will be mentally strong and don't care about what others say to you.

Mental health has serious conditions for example: Depression, anxiety, OCD or even PTSD.

Mental health can be improved by:

- Connecting with people and having good relationships
- Being physically active and setting goals
- Learning new skills or starting a new hobby
- Or even spreading kindness

All these things can reduce mental health conditions. So society can help do this, there should be anti-bullying or inclusive policies in workplaces and schools.

Thank you, and I hope my painting will win the competition.

From Haniya Khan, S1 Bucksburn academy, Aberdeen