Rough Notes on Reasons to Make A Mental health Forum.

<https://www.talkspace.com/blog/2018/06/why-dont-men-ask-for-mental-health-help/>

* Women express mental illness with acts of worthlessness, helplessness and guilt
* Men act out with poor impulse control and alcohol abuse

<http://davidsusman.com/2015/06/11/8-reasons-why-people-dont-get-mental-health-treatment/>

* Fear and shame
* Lack of insight
* Limited awareness (not aware of consequences)

<http://www.mentalhealthamerica.net/blog/3-less-known-reasons-why-men-don%E2%80%99t-talk-about-mental-health>

* men respond more strongly to humor (especially dark humor) and, at least initially, to softer mental health language
* Men are more likely to ask for help when they can help someone else in return
* Easier to talk about mental health hidden behind a screen

[Why do people not seek mental health](http://www.mentalhealthcarersnsw.org/wp-content/uploads/2016/01/Why-do-people-not-seek-mental-health-treatment.docx) [treatmentwww.mentalhealthcarersnsw.org/.../Why-do-people-not-seek-mental-health-treatment](http://treatmentwww.mentalhealthcarersnsw.org/.../Why-do-people-not-seek-mental-health-treatment)[....](http://www.mentalhealthcarersnsw.org/wp-content/uploads/2016/01/Why-do-people-not-seek-mental-health-treatment.docx)

* Problem recognizing symptoms
* Self-reliance: young people wanting to deal with the problems themselves and rely on the fact that they can fix it rather than turning to outside sources and support.
* Trust: many young people thought that if they took their problems to an outside source of support then it could lead to breaches of privacy and confidentiality.
* Hopelessness: it is suggested that the more hope-less the young person feels their distress and problems, the more likely it is that they won’t seek help.

Mental Health Screening tool: <https://screening.mentalhealthamerica.net/screening-tools>

Some signs of having mental health issues <https://www.healthdirect.gov.au/signs-mental-health-issue>

Keywords for words related to mental health <https://www.medicalenglish.com/unit/9/vocabulary>

More Glossary: <http://www.wamhinpc.org.uk/glossary-of-mental-health-terms>

**CONCLUSIONS:**

* **Complete anonymity**
* **Encouraging a supportive and inclusive environment (screen bad comments) - NLP?**
* Making it fun to talk about like a joke or something allows people to better open up
* **Present accurate facts (no sugar coating but also not scaring healthy individuals) - Resources page**
* **If you are healthy, support others - Buddy System/ Partner Up**
* **Highlight how common these diseases to avoid derailing a user’s life (a balance of positive and negative content)**
* **MISSION STATEMENT: Make information easily accessible to the public and help them track their mental health. (Take things into your own hands)**
* **Draw parallels between physical health and mental health**
* **Decrease the time between diagnosis and help**
* **Encourage people to start early rather than when it’s too late**