Mertus M.

FYEX 2020

Service-based learning project

The local community is the first place we should look to when we want to make meaningful change in the world we live in. After this project, I realized how many initiatives and movements there were going on around me that Im not aware of. I realized that my community is a lot bigger than I knew it to be, and there is a lot of ways I can contribute to it.

My most valuable contribution is my perspective. I can see the ways that certain aspects and events play into each other and possibilities for connections to be made. There is a lot of opportunities for networking and growth to be had, its just a matter of having the vision to connect the dots between people and opportunities.

As far as the TACC center, they assist mainly in improving people’s mental health. In today’s society, mental health problems are some of the most impactful yet neglected issues that affect us. Thanks to research and surveys, we see how badly mental health is neglected and how that harms us. For example, studies show that 1 in 4 men suffer from a mental illness. One way we can help improve mental health, is to encourage seeing a therapist. Another way is to be more considerate of others in everyday life, when we are dealing with family members or strangers. We can also support causes that help treat people diagnosed with mental disorders and problems.

This project helps fill the need for more mental health professionals, and assists in the mental health crisis we find ourselves in. We need to be more open to receiving professional help for mental issues and less judgmental about people who receive it. With coronavirus and other global issues on the rise, mental health is for certain one of the side effects of these issues that will also rise in complications. Neglecting poor mental health can lead to serious developmental issues and can cause long term emotional and other forms of damage to the person who needs it, and the people around them.

I learned to be more considerate of others. I also learned how much more involved in the community I need to be. There are a lot of initiatives and causes that need help and volunteers and helping hands in general. Our assistance may seem small at first, but the smallest hands can make a world of difference. Everyone needs a helping hand sometimes. Any time we can be of use, we should try to be helpful, because the world we live in is a lot bigger and closer than we might believe.