**Stoic Unseen**

An Interactive Story

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**Abstract**

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## Design Problem

Chronic health problems, both mental and physical, wreak havoc on the lives of humans. Mental health problems in particular abound from systemic failures in providing access to treatment. Mental health treatment is distinct from physical health treatment for several reasons. Mental health coverage is not offered by some insurance plans, and exists scarcely available for those insured. Most patients require pharmacological treatment for their illnesses, but the required medicines are not available without prescription from a medical doctor. Psychiatrists are often inaccessible due to overwhelming patient demand, exorbitant pricing, or lack of insurance compatibility.

Even when patients can see a psychiatrist, continued treatment along with talk-therapy is usually required for a successful treatment plan. To some, the inaccessibility of psychiatric care prompts them to seek unhealthy alternatives such as self-medication through alcohol and recreational drugs.

Mental health is also distinct from physical health in that it carries a stigma. Persons suffering from mental illnesses may feel guilty, responsible, or ashamed of their illnesses. However, mental illness is often caused by factors beyond the person’s control such as genetic inheritance. Uneducated people do not have a full understanding of common mental illnesses such as anxiety and depression, and may dismiss, ostracize, or disdain suffering individuals as a result.