About one in every ten people in the world suffer from mental disorders. This is not only a piece of data. It is about how the disorders impact the lives of millions of people. Some of the mental disorder sufferers could be people we see everyday including our co-workers, our schoolmates, and even our beloved ones. Their stories, emotions and perceptions often need to be confessed by themselves and be heard by those who are around them. It could be understood that in many cases, people do not recognize that they are sick. Or sometimes, they choose to hide it and pretend to be happy because of the fear of being labelled as “a pessimist,” “a coward,” or even as “an abnormal human being.”

Unfortunately, many mental disorder patients who have presented symptoms have been perceived as “abnormal people”, even though it is the psychological disorders that try to beat up them and destroy their happiness, taking away their love and hope about their lives.

But one question is, what defines being “normal”? From an English perspective, this term is to describe a relative but not an absolute situation. Our team, Next to Normal, is formed to reach the goal of eliminating stereotypes, stigmatized images, and social prejudice towards mental disorders patients for those who tend to misunderstand the patients.

We are here to raise people’s awareness and improve their understanding of those who are labelled as “next to normal.” Through offline exhibitions and our online website, we will popularize the scientific theory and more knowledge about abnormal psychology disorders in different ways.

Our message for our website visitors:

For those who currently are suffering, we also want to let you know that you are NOT alone. There is always going to be someone, like us, who cares about your emotions, your health, and your life in general, and that could be someone who is just beside you. Don’t hide behind a mask, come out and accept all that care. No one can ever be perfect. But once you step out, you are close to being perfect. With a positive mindset and willingness to seek support, you will one day embrace felicity.

For visitors who are currently in a healthy mental state, we wish that you continue to be healthy. We also hope by browsing our website you learned more about the world of mental disorder patients through artworks, stories, and events.