

Topic: Mental Health issues

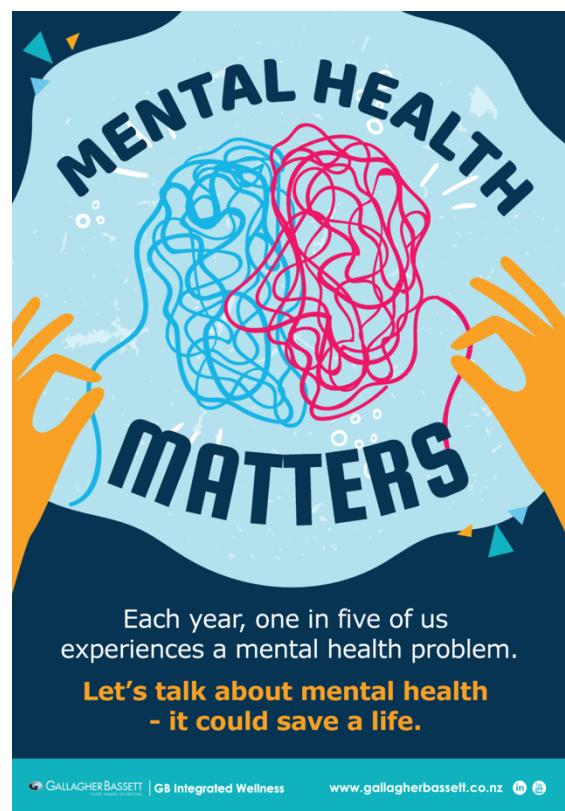
Research:

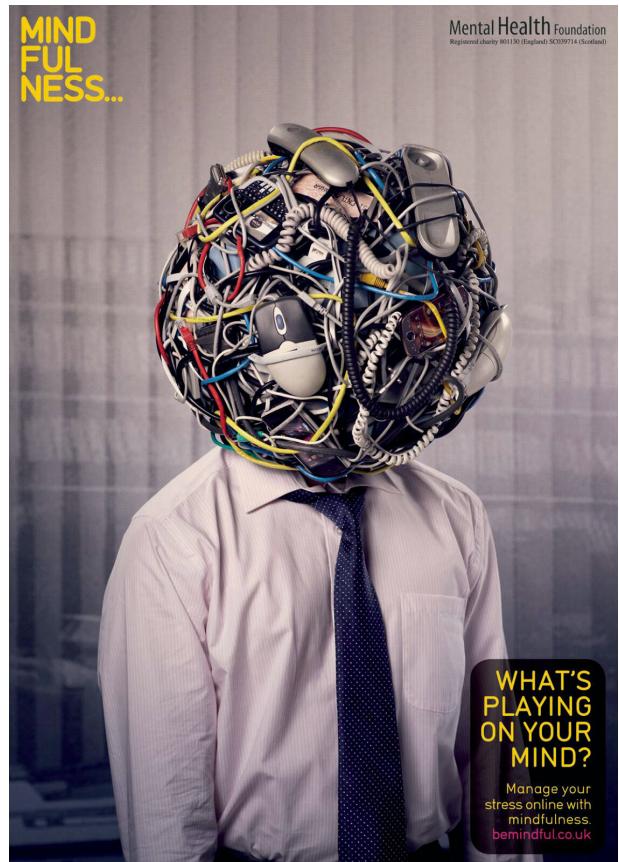
Mental illness is a disorder that affect your humor, your mood, thinking and your behavior. Depression, over exaggerated anxiety, schizophrenia are some examples. Ongoing symptoms provoke frequent stress and affect your ability to function. It will also make you miserable and cause you problems in your everyday life feeling sad, confused, not being able to concentrate, extreme mood changes, withdrawal from friends, tiredness, low energy, problem sleeping, paranoia, excessive anger or violence and suicidal thinking are symptom of mental illness.

Some facts:

- 1/4 people live with a mental disorder.
- 50% of teens are at risk of having a mental disorder that can take more than 10 years to solve it.
- 450 million people in the world has mental disorder.
- 90 suicides every hour (90% are related to mental disorder)

Poster examples:





Color palette:



Fonts:

[KG Red Hands](#) by Kimberly Geswein

2,564,553 downloads (1,760 ye

Red Hands

[28 Days Later](#) by Filmnimmer

6,810,190 downlo

28 DAYS LATER

[Big Snow](#) by Khurasan

100% Free

Big Snow



[Délice](#) by Alessandra Arosemena

Personal Use Free

Délice Demo Regular



Sketches:

