

Being open about mental health

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 **Hi friends!**

I'm Georgie, but you can call me G.



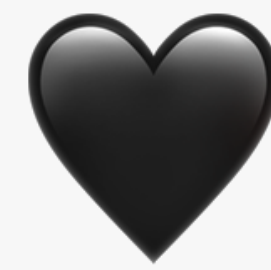
Content warning

depression & suicide



We all have mental health.

I first opened up about
mental health on my blog,
as a teenager.





Q: What's the worst thing
that's going to happen?

A: You don't open up. 🥲

What happens if you are
open about mental health?

“I’m so sorry to hear that.”

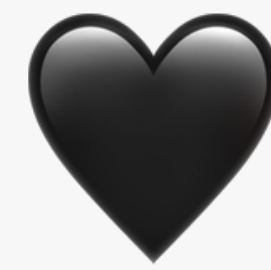
“I hope you feel better soon.”

“Let me know if there is anything
I can do for you.”

What's the worst thing
that's going to happen? 🙄

The worst that was going to happen
was **nothing** compared to
how I was feeling.

Opening up is hard, but it is
no harder than what you're
already going through.





Thank you

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