



#MentalHealthAwareness

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Objective

MENTALHEALTH

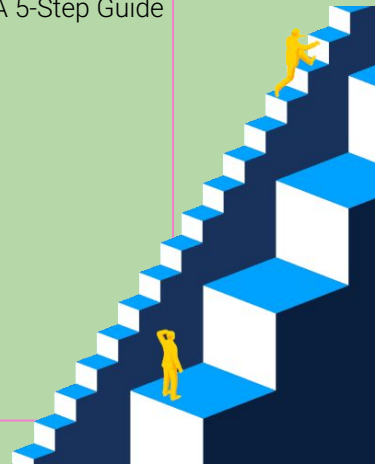


This analysis explores recurring themes under the hashtag #MentalHealth to understand how people in social media express mental health awareness

Mental Health

Method

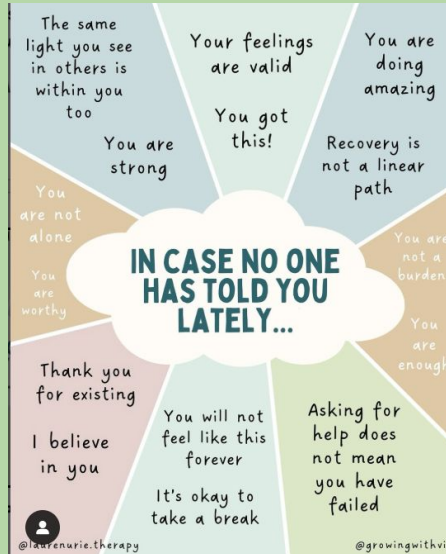
Selected Hashtag	Collected Data	The process used to code and develop themes	Any tools or frameworks from class that you used
01	02	03	04
<p>I selected the mental health awareness hashtags because of its importance to me as a college studying and the mental stress that comes with school.</p>	<p>The data was collected from social media research on #mentalhealthawareness where i gather 10 post that represent Mental health in different ways.</p>	<p>The process that i used started with collection some of the hashtags that are used in the same post of #mentalhealthawareness it provides more themes and the different things that was associated with mental health. Some are # mental health, #anxietyawareness, #socialanxietyhelp, #selfconfidence, #anxiety, #mental health advocate, #mentalhealth awareness</p>	<p>Weeks 12 Dr. B - How To Do a Content Analysis:A 5-Step Guide</p>





- It's Okay To Not Be Okay-
Some of the post on instagram
show or try to normalize that some
of the feelings that you may be
going through are okay.

— Theme 1





-Wellness Toolbox- throughout the post they give tips to help people have a better positive approach to there everyday mental health. Little changes on the way you talk to yourself make a difference.

— Theme 2

YOU ARE
NOT A
MACHINE
IT'S NORMAL
TO HAVE
BAD DAYS



NATHALIE
BYRNE

POSITIVE SELF TALK

@myeasytherapy



Your feeling	Your self talk
Burnt out	"It's OK to rest"
Anxious	"This won't last forever"
Deflated	"I will not put myself down"
Jealous	"I am good enough"
Exhausted	"I will recharge"
Angry	"It's OK to be angry. I will calm down."

Mental Illness is invisible. you can sound confident & have anxiety. you can turn up to work or school everyday appear "fine" & have suicidal thoughts. you can look happy & be miserable inside. you can look so good & still feel ugly. you can smile or make jokes & have depression



-Mind Matters-
The post show the importance of mental health just like physical health.
Sometimes people take mental health lightly and its effects on the body

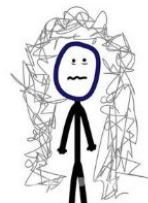
— Theme 3

Sometimes,
I wish my mental illness
would show up like a bruise,
and I could say to the world,

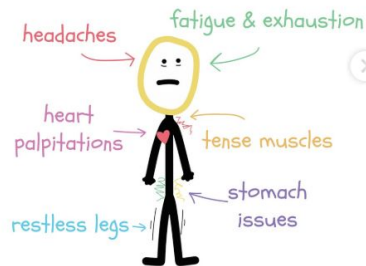


"I told you it was real.
Now, maybe you'll listen."

being aware that you're
losing your mind but feeling
powerless to stop it



mental health is
physical too...



hardest parts
of mental illness
that nobody talks about...



Visual Elements



Implications

What do they suggest about public engagement with your topic?

- The more positive way they express it the more the public can accept it and find ways to improve and practice their mental health.

How might they inform education, advocacy or policy?

- Show mental health awareness support on schools and improve access to mental health services and workplace training. Advocacy on mental health to reduce stigma and improve literacy.



Reflections or Challenges

To my surprise the ways they posted about mental health was very simple and colorful showing positively in your mental health journey many of those posts can be shown in high schools and open education.



References

Include references for any sources that you use in this project

- #mentalhealthawaranness
- Instagrams
- [Free online word cloud generator and tag cloud creator - WordClouds.com](#)

