

## OUR MISSION STATEMENT

At Mental Wellness and Cosplay, our mission is to empower the cosplay and convention community by promoting mental health awareness, providing wellness education, and fostering inclusive spaces for healing and connection. We strive to break the stigma around mental health, support neurodiverse individuals and those navigating Substance Use Disorders, and celebrate cosplay as a transformative tool for recovery, growth, and community building through engaging panels, activities, and resource connections.



## WHERE TO GET HELP

### **Suicide and Crisis Lifeline - 988**

A free, confidential, 24/7 hotline that connects callers with mental health professionals.

### **Veterans Crisis Line - 988 option 1**

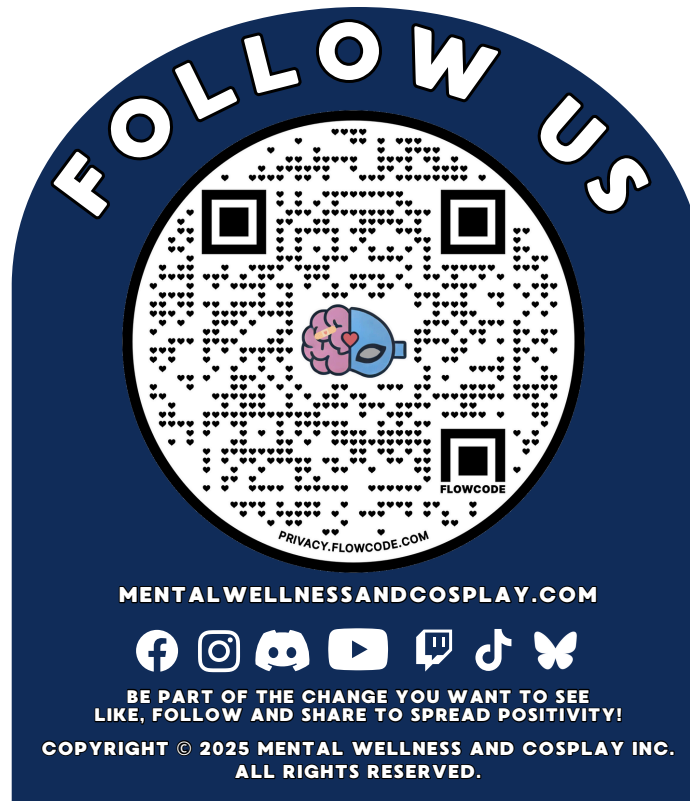
24/7, confidential crisis support for Veterans and their loved ones.

### **SAMHSA's National Helpline - (800) 662-4357**

Get help for mental and substance use disorders, prevention, and recovery.

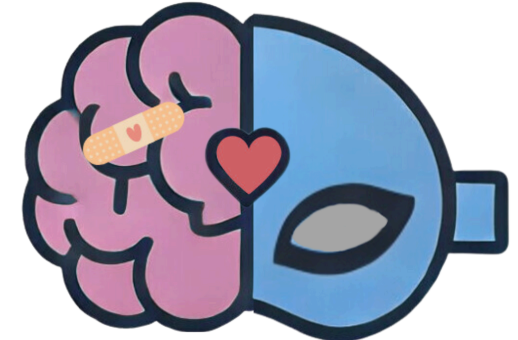
### **Crisis Text Line - Text "4hope" to 741-741**

Ohio's Department of Mental Health and Addiction Services free, 24/7 crisis support.



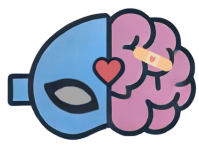
## WAYS TO HANDLE ONLINE HARASSMENT

## MENTAL WELLNESS

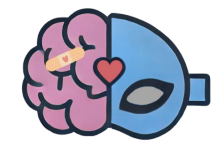


## AND COSPLAY





# ADDRESSING ONLINE HARASSMENT IN THE COSPLAY COMMUNITY



## 1. Know What Counts as Harassment

- Harassment includes threats, hateful comments, doxxing, impersonation, stalking, and repeated unwelcome messages.
- Recognizing these behaviors helps you take action and set boundaries.

## 2. Protect Your Privacy

- Limit the personal information you share online. Avoid posting details like your address, workplace, or schedule.
- Use strong, unique passwords for your accounts and enable two-factor authentication.

## 3. Use Platform Tools

- Block, mute, and report harassers on social media platforms. Most platforms have features to address harassment.
- Familiarize yourself with the privacy and safety settings of the platforms you use.

## 4. Document Incidents

- Take screenshots or save records of abusive messages or posts. This documentation can help if you need to report or take legal action.

## 5. Set Boundaries

- Don't hesitate to block or remove people who make you uncomfortable, even if they're part of your cosplay community.
- Clearly communicate your boundaries in posts or messages to discourage inappropriate behavior.

## 6. Build a Support System

- Connect with trusted friends or community members who can offer emotional support and advice.
- If harassment escalates, involve a moderator, event organizer, or even law enforcement.

## 7. Educate and Advocate

- Share resources and raise awareness about online harassment in your circles.
- Encourage others to stand up against harassment and promote respectful interactions.

## 8. Take Breaks

- If online harassment feels overwhelming, step away to protect your mental health. Deleting apps or limiting screen time can offer much-needed relief.

## 9. Be a Bystander Ally

- If you see someone being harassed, offer support by reporting the behavior and reaching out to the victim to ensure they're okay.
- Avoid engaging directly with the harasser, as it can escalate the situation.

## 10. Seek Professional Help

- If harassment takes a toll on your mental health, don't hesitate to reach out to a therapist or counselor. Many specialize in managing stress related to online interactions.

## Why It's Important

The cosplay community thrives on creativity, inclusivity, and mutual respect. Online harassment undermines this environment. By taking proactive steps, we can create a safer space for everyone to enjoy cosplay.

