



## National Minority Mental Health Series with Looms for Lupus and Wanda Green creator of Laughter and Inspiration with Lupus Facebook Group

July 2021

This series is created for YOU! We want to raise awareness of minority mental health by starting the healing process to engage and learn about the signs and symptoms of how mental health affects the minority communities. The weekly Facebook Live sessions will have a companion worksheet available for you to download, reflect and interact in your personal space on the topics, questions, art related activities as it pertains to the live discussion. Please save your worksheets, On the last week of July we will share our journey in our private forum which will take place via zoom to discover what we have learned during our five-week series.

### Week 1- Worksheet

What do you wish others knew about being depressed, PTSD, major depressive disorders, multiple personalities, suicidal ideation (fill in your own blank)? This is your time to be real with yourself in this space on this page to express how you feel.

<b>I wish others knew....</b>

Not everyone will know what we are going through unless we share. It is ok not to be ok and express that in whichever way is comfortable for you, whether it is to journal, to talk to someone or simply find your coping mechanism like music, art, gardening....

<b>Draw or doodle how you are feeling today.</b>