



Team 18

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Stigma Collage

The collage is composed of various elements, such as magazine clips, newspaper clippings, text from online resources, pieces of scrap, and a few hand-drawn drawings. The intention behind this creation is to convey the mental health stigmas associated with minorities, particularly focusing on mental health within the Latino community. Within the piece, two hands reach up towards a lifeboat positioned at the top of the water.

In this representation, the depth of the water corresponds to the level of information on mental health, with darker colors representing less information as one goes deeper. Closer to the surface, the colors become lighter, and there is more information available. The lifeboat, the focal point of the piece, holds simple actions that can be taken to reduce the stigma surrounding mental health, with additional information floating over the surface.

The overarching message aims to highlight the prevalent negative stigma associated with mental health, illustrating it as a struggle that can make individuals feel like they are drowning. The hope is that those who observe the collage understand that while mental health is indeed a challenge, there are ways to navigate it and combat the negative stigma surrounding it.

POV CHALLENGE

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