



# Team 4

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## Community Portrayal Poster

This 11x17-in graphic poster portrays the concept of community through the symbolism of stars. The choice to highlight the theme of stars was made because they symbolize connections and interdependence, mirroring the intricate relationships found across communities. The poster includes cute graphics, focusing on a diverse group of friends surrounding a central, prominent star. This composition underscores the significance of connection and unity within a community, aiming to encourage inclusivity and inspire viewers to engage in and contribute to their communities actively. Overall, the creators want others to take away a sense of empowerment and responsibility to nurture the bonds that unite everyone and improve the mental health of those surrounding them.



# COMMUNITY *is connection*

**HOW DO COMMUNITIES IMPROVE MENTAL HEALTH?**

Individuals reporting a higher sense of community in their neighborhoods reported less symptoms of depression, anxiety, and stress [National Library of Medicine]

- **Social support groups**- communities provide a social support system where individuals can share experiences, concerns, and emotions. They can also seek help, advice, and encouragement.
- **Empowerment**- communities empower individuals by providing platforms for self-expression, personal development, and advocacy.
- **Sense of belonging**- being part of a community gives individuals a sense of identity and purpose, reducing feelings of isolation and loneliness. It also offers opportunities for social interactions and creates a sense of companionship.
- **Access to resources and services**- communities offer access to mental health resources, groups, and counseling services. This promotes early intervention for mental health concerns and reduces stigmas/barriers.

*interconnectedness*

*resilience* *guidance*

*unity* *inspiration*

According to the 2020 Rural Mental Health's "Community Connectedness for Suicide Prevention":

The following training programs have been successful in teaching community members to support those struggling with mental health:

- **Mental Health First Aid**- a course designed to help people recognize signs of mental distress and when/how to refer individuals for help.
- **Question, Persuade, Refer [QPR]**- a 60-90 minute training which teaches trainees to identify the warning signs of suicide.
- **safeTalk**- a four-hour program where trainees learn to engage someone who is at risk and connect them to care.
- **Applied Suicide Intervention Skills Training [ASIST]**- two-day workshop with instruction on how to deliver a skilled intervention and develop a safety plan.

**YOU ARE NOT ALONE**

**CONNECTIONS ARE CRUCIAL**

The people you surround yourself, your friends and family, offer you empathy, encouragement, and understanding during both good and challenging times. These shared experiences full of laughter and companionship enrich our lives and offer a safe space. Our meaningful connections with others is what enhances our quality of life and nourish our souls. They remind us that we are never alone on life's journey.

**YOU DESERVE LOVE + SUPPORT!**  
we don't heal in isolation, but in community