

Dear Hope

MENTAL HEALTH ADVOCACY THROUGH STORYTELLING AND ART



Mental Health Statistics

1 in 5

adults will face a mental
health condition

Mental Health Statistics

1 in 20

adults will face a serious
mental health condition

Dear

Hope



“

You are not alone.

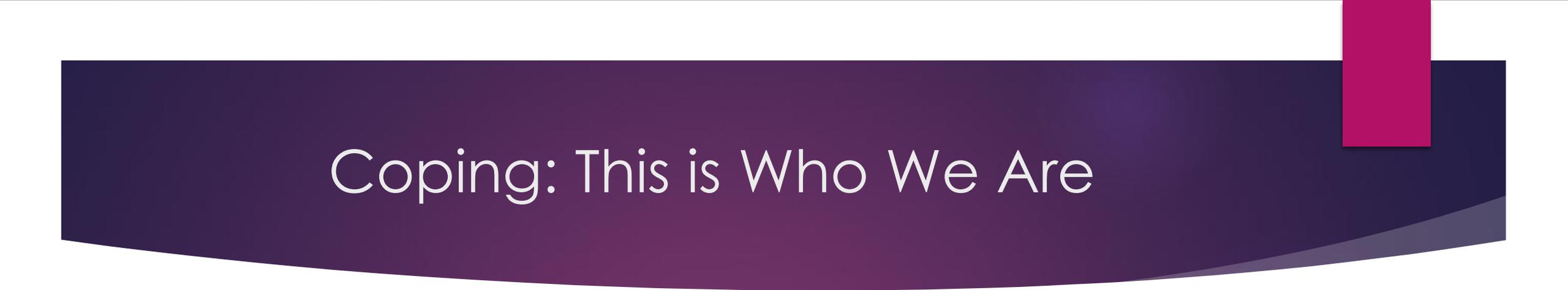
You are loved.

”



Art

STORYTELLING



Coping: This is Who We Are

Through honest storytelling and authentic human emotion
we can build real connection.

When Good Grades Aren't Enough: Mental Illness, Stress, and My Sexual Identity

Coping: Entry #15



A Day Without Love: How My Depression Made me Who I Am

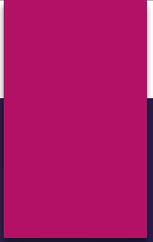
Coping Entry #16



An Empty Home & An Empty Stomach: My Lifelong Struggle With Eating Disorders

Coping Entry #17





Art: A Lens Into Our World





Consumed: Mental Illness Through Photography





Anxiety

“I was never a cutter, I never had the courage to take a blade to any part of my body. I did, however, need a distraction when I was anxious and hurting myself was a good distraction. To this day, unfortunately, I still scratch and claw at my arms as an impulse to not being able to catch my breath or when I’m nervous.”













Anger & Depression

“But what’s worse than being in a depressive mood is when I’m stuck between depression and happiness. I feel even less than I should. When I’m passive and sad, I understand where I am and feel comfort in knowing so. But when I’m in between...I feel distress for being close to being happy but not being able to obtain it. I start to worry that the bell jar will again fall upon me soon, trapping me within myself. And it drives me mad.”









Depression

“It feels like there’s a hand inside of my head that is pulling on the back of both of my eyes, slowly encasing me in myself. It makes you feel like you want to cry, but for me, no tears ever come. It’s like there’s a black hole sitting in the middle of my chest that is sucking any little bit of life that I have out of me. From the tips of my fingers to the bottom of my feet, I feel everything start to retract. And I go numb.”













Quote about the Consumed Photos

- ▶ *“...I have struggled with anxiety and depression for the past three years, and I’ve struggled with self-harm for almost a year now. This project helped me gather up the courage to be honest with myself and my family and tell them that I’ve been trying for so long to be “stable”, but I just need help. Admitting the problem, and coping with the consequences has been incredibly hard, but also a beautiful experience. You made a beautiful statement on your web page “no two journeys are the same”... and your site makes me feel as though it’s okay to not always be positive.”*

Consumed Goes MTV Real World



The Numbers so Far

- ▶ 80,000 views on Dear Hope
- ▶ 30,000 alone from the latest Consumed post
- ▶ Over 100 countries have visited the site
- ▶ 2016 is averaging over 315 visits a day

Moving Forward



You are not alone.

YOU ARE LOVED.

