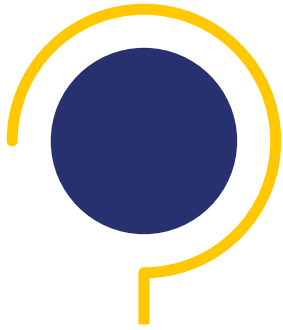


ADVOCACY ACTIONS AND RESULTS

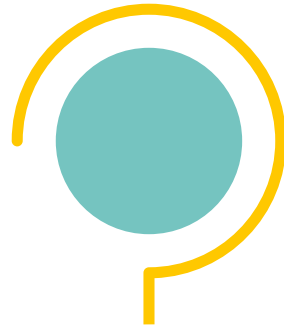
Mental Health

By: Blina Dushi, Erea Blakaj
& Vlera Curri

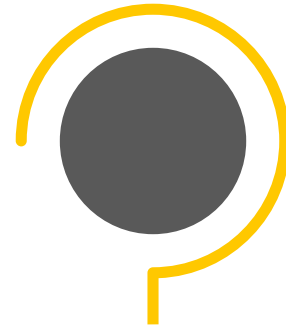
Introduction



Gërmia Park
Activity



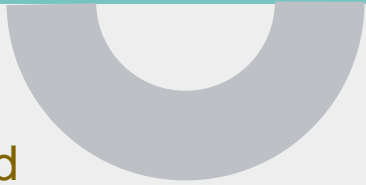

Instagram and
Facebook page



Info Session



Gërmia Park Activity

- 
- Gërmia is a national park in our city where we held a group activity with other teens in Prishtina. We played different games, socialized with one another, shared our experiences with mental health and different coping ways that may benefit us as young adults.
 - This was a wonderful activity that allowed us to connect with other people that may be going through hard times in their everyday lives.
 - It was an activity that will remain in our memories 😊
- 





Instagram and Facebook page



Edit Cover Photo

Brain Power

We are a group of young people advocating for Mental Health awareness in our Youth Pool pro.

Edit

- Posts
- About
- Friends 1
- Photos
- Videos
- More
- Add to Story

Intro

What's on your mind?

Brain Power

Add to Story

Edit Profile

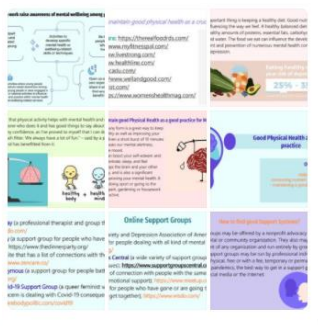
...

Brain Power

September 15 at 3:38 PM

Photos

See All Photos



What is Mental Health?



Brain Power

September 15 at 3:12 PM

Hello everyone, we want to share our first post on Mental Health with you. What is Mental Health: explained in a few sentences 😊 -BP

Like

Comment

Share

Activate Windows
Go to Settings to activate Windows



Write a comment...





+ Add to Story

Edit Profile



Some of the easiest and best practices to maintain a healthy and positive mind 😊

Good Practices for Mental Health



- Therapy** seeking professional help and developing healthy coping mechanisms.
- Socializing/interacting** reaching out to loved ones and trusted people, helping the ones who are going through these issues.
- Good Physical Health** daily exercise, consuming nutrient rich food, maintaining a good sleeping schedule.

Like

Comment

Search Facebook



+ Add to Story

Edit Profile



Write a comment...

Press Enter to post.

be shown to your friends to inspire them to get their vaccines as soon as they can.

Get Vaccine Info

Try It

Intro

Lives in Kosovo

Edit Details

Add Hobbies

Add Featured

Photos

See All Photos



Press Enter to post.

The ways Mental Health effects our society:

How does Mental Health affect our Society?



- Health System**
Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.
- School Failure**
Untreated mental illness among youth leads to school failure, delinquency, substance abuse and entrance into the criminal justice system.
- Work Productivity**
People suffering from depression have high rates of absenteeism and are less productive at work.
- Youth and the Criminal Justice System**
Without adequate community services many of our youth end up in the criminal justice system.

Like

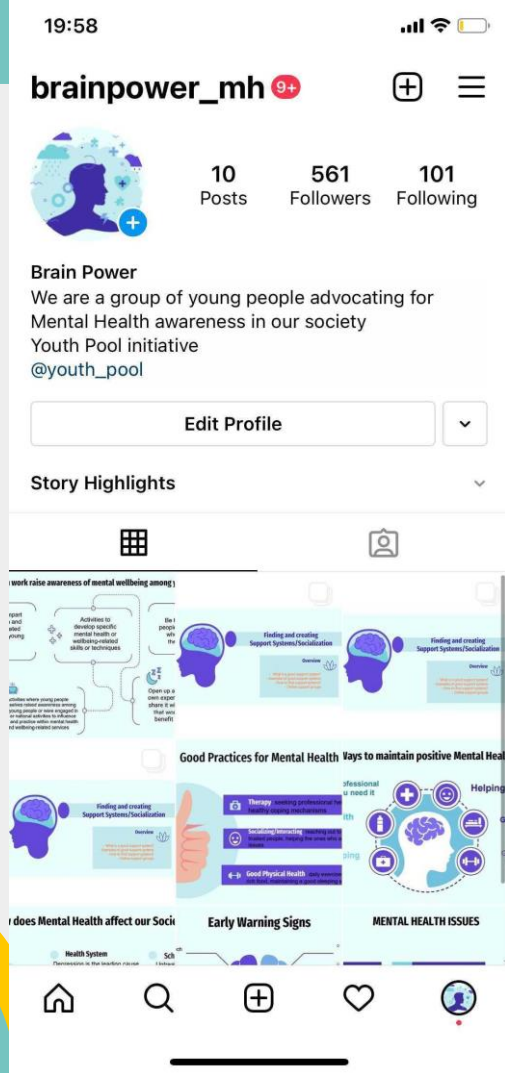
Comment

Share

Write a comment...

Press Enter to post.

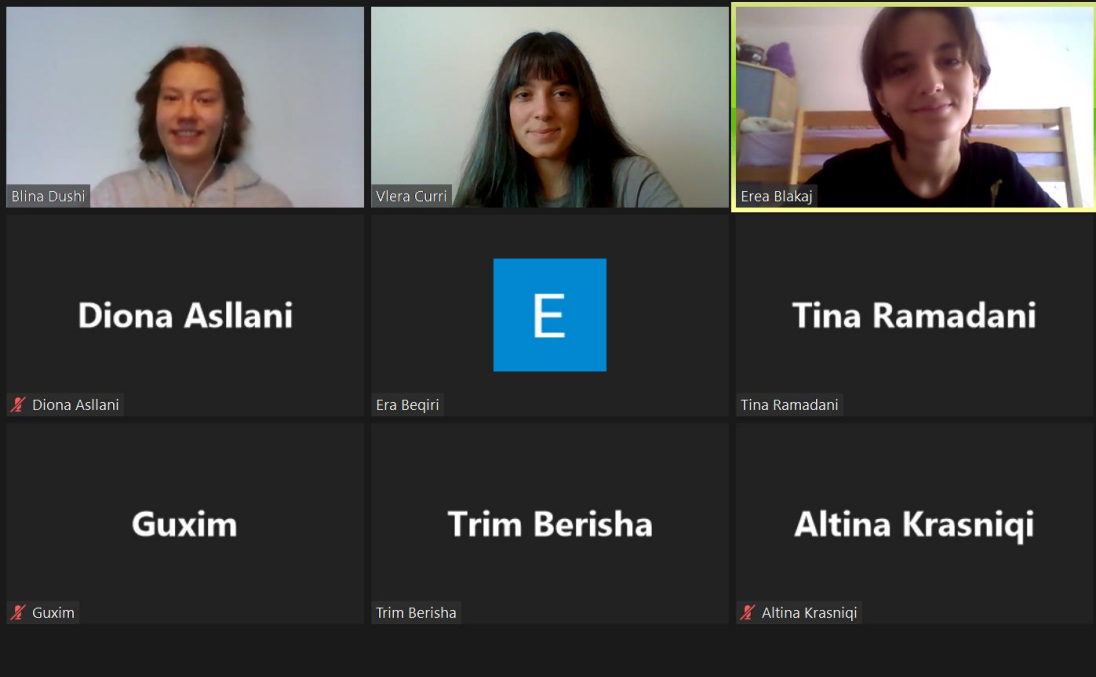




We opened a Instagram and Facebook account where we started to advocate about mental health and shared different methods on how to maintain a good and positive mental health while also including on how society and people around us can play the role of a helpful and encouraging support group.



Info Session about Mental Health

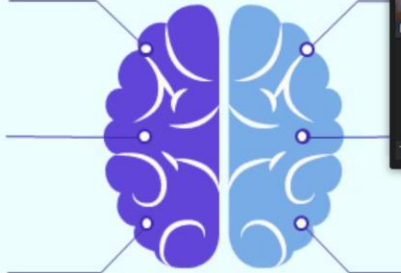


- We also held an info session about Mental Health where we generally explained what is mental health, a list of mental health issues, support systems, and how we can personally contribute to help others that are going through something similar.

- The participants were young people between the ages of 14-19 and after we finished our presentation we started an overall discussion about mental health, how it affects our non-informed Kosovar society and they felt comfortable enough to share and speak about their own experiences dealing with mental health issues.

Early Warning Signs

- o Eating or sleeping too much or too little
- o Pulling away from people and usual activities
- o Having low or no energy
- o Feeling numb or like nothing matters
- o Having unexplained aches and pains
- o Feeling helpless or hopeless
- o Smoking, drinking, or using drugs



Blina Dushi

Viera Curri

Erea Blakaj

Diona

Tina Ramadani

Era Beqiri

E

and memories you can't get out of your head



The Buddy Program

- o The Buddy Project- motto: "Take care of each other. Be there for each other. Learn together." It started in Düsseldorf, but now it's a global program, it's not only prevention, but helps students with skills such as taking responsibility, conflict management, communication, self-perspective, ability to co-operate, reflection and empathy.

http://www.mentalhealthpromotion.net/resources/p_d_agogentfyer_neu.pdf



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Erea Blakaj

Tina Ramadani

Era Beqiri

Guxim

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THANK YOU!



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