

Choices

Newsletter By Choose Mental Health

Quarter Two, 2024

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MENTAL HEALTH

2024

Establishing
the Cause of
Mental Health
For Kids

MAY: MENTAL HEALTH MONTH

Gamers Unite



In a heartwarming display of solidarity, gamers from all corners of America and with an unexpected twist, from the United Kingdom, recently came together to champion the cause of children's mental health. This inspiring collaboration aimed to raise funds and increase awareness for an issue that affects millions of young lives.

The event, MindQuest LIVE by Choose Mental Health, benefited children and youth who need premium care, regardless of their ability to pay. This focus on the underserved has saved many lives. Our diverse network of programs collectively treats over a thousand children and youth annually. By joining forces, these gamers sought to make a tangible difference in the lives of those children and youth struggling with mental health challenges.

Through their collective efforts, these gamers aimed to break down the stigma surrounding mental health and promote understanding and empathy. By raising funds, they hoped to not only save lives but empower and give hope through much-needed treatment for children and youth facing mental health issues.

This heartwarming initiative serves as a shining example of how the gaming community can come together for a greater cause. By harnessing their passion and creativity, gamers are making a difference in the lives of vulnerable individuals, offering them hope, support and a brighter future than they thought possible.

We invite you to join us and give the greatest gift, the gift of life with hope to move forward.



HIGH FUNCTIONING DEPRESSION

Guest Author Nathan Sellers, LCSW

Introducing "High Functioning Depression: Understanding the Silent Struggle" by Nathan Sellers, LCSW.

In this insightful piece, Nathan Sellers sheds light on a commonly overlooked form of depression that many individuals silently endure. He introduces the concept of "High Functioning Depression," also known as "Dysthymia," and highlights its deceptive nature.

Comparing it to a persistent drip of Chinese Water Torture, Nathan emphasizes the erosion of passion, purpose, energy, and overall well-being caused by this enduring depressive state. Despite its subtle nature, High Functioning Depression can have a profound impact on one's life.

Nathan explores the challenges of identifying and seeking help for this form of depression, as young individuals affected by it continue to meet their daily obligations without appearing visibly impaired. However, he also highlights the positive shift in society's attitude towards mental health, encouraging a compassionate approach to both mental and physical well-being.

Join Nathan Sellers as he delves into the world of High Functioning Depression, aiming to raise awareness and foster a [...CONTINUE ARTICLE](#)

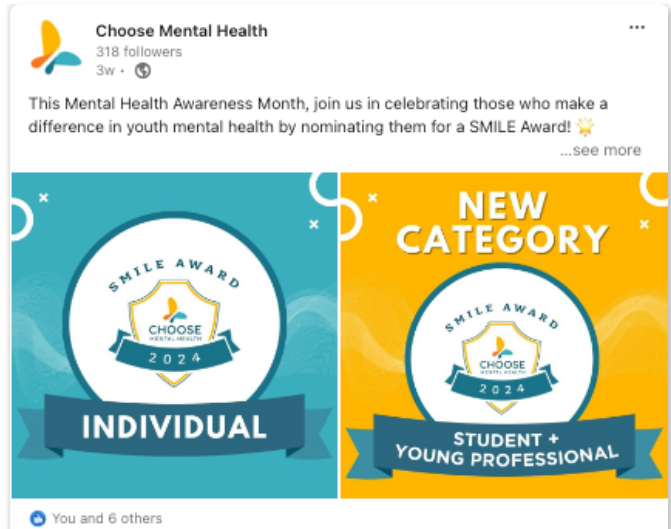


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SOCIAL MEDIA

Like - Love - Comment - Share (it all helps)

Key social media posts from the past 3 months



Depression: 16 Facts and Myths



Depression is a debilitating mood disorder involving persistent feelings of unexplainable sadness, loss of interest in life, decreased appetite, low energy levels, inability to concentrate, and low self-esteem. It's enough to ruin someone's quality of life, and to make things worse, there's an unfortunate stigma in our society attached to depression that makes people with depression feel ashamed. The facts and myths of depression are confusing so buckle up. There is a lot to learn.

There's also a common misconception that those with depression don't have

any reason to feel sad and should just be able to snap out of it by thinking happy thoughts. We're here to set the record straight and to separate myths from facts. We hope that in doing so, we can spread awareness of the condition and help more people feel comfortable talking about depression so they can get the treatment they need.

MYTH #1: DEPRESSION RESULTS FROM A SAD LIFE EVENT.

It's no question that people who have recently experienced the end of a

[LINK TO ARTICLE](#)

WELCOME NEW BOARD MEMBER

**Welcome, James Clarke!**

We are thrilled to announce James as the newest member of the Choose Mental Health Board of Directors. With his unwavering dedication to uplifting his community, James brings a wealth of invaluable insight to our mission of empowering families and transforming mental health outcomes for children and youth.

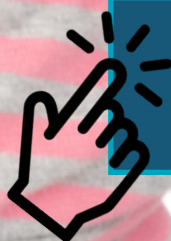
We are confident that his expertise will make a significant impact in our fight against the youth mental health crisis. His support will be instrumental in providing the much-needed help to those regardless of ability to pay.

Once again, a warm welcome to James!
We're excited to have you on board. 🌟

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