

# Collide!

## MENTAL HEALTH IN AN UNEQUAL WORLD

The past 18 months has been hard on each one of us! We thought why not spend sometime reflecting on our evolution through this time.

## INKTOBER!

How is it October already? We are borrowing Jake Parker's idea of daily prompts to draw. Twisting it to be reflective, explorative, curious prompts to dwell on through words, art, pictures, portraits .....

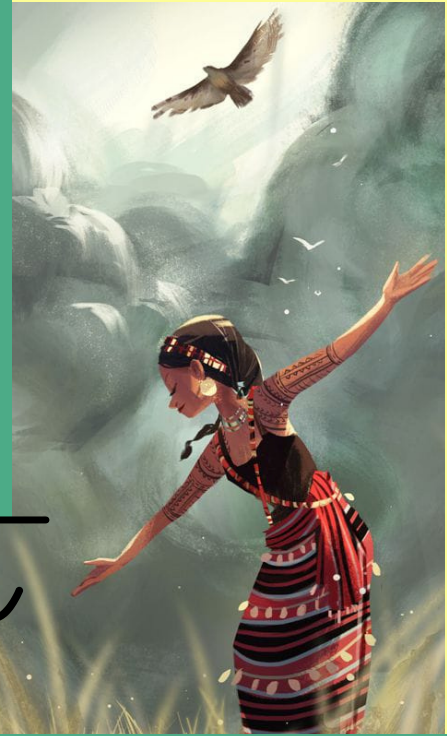
With  
love and joy

HEMANGI VYAWAHARE  
&  
FARHEEN AYESHA

# Collide!

## PROMPTS

- WHO FORMS YOUR COMMUNITY?
- DOES LIVING IN TODAY'S SOCIETY MAKE SUPPORT A PRIVILEGE?
- WHAT DIFFICULTIES DID YOU FACE WHILE FORMING YOUR SOCIAL SUPPORT SYSTEM?
- HOW DOES THE COMMUNITY EMPOWER YOU?
- HOW DOES THE COMMUNITY MAKE YOU FEEL?
- HOW HAVE YOU SUSTAINED YOUR SUPPORT SYSTEMS?
- WHAT IMPACT HAS YOUR COMMUNITY HAD ON YOU?



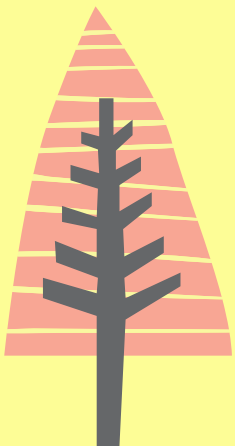
# Support

## REFLECTIONS



I survived, I am thriving... and I do not think I would have done so without my people. Yang had Meredith as "her person" and I have come to realize I have so many people, who have picked my calls on nights I laid awake, people who sent me food, people who ran around for me and people who just listened. Hell, I had random strangers check in on me and I felt so loved and cherished... so supported. All of them made me feel I wasn't alone and that I did not have to do everything by myself and that I could always ask for help. Believe me, I felt guilty and selfish. All they asked of me was to let them decide for themselves if they had the space to be there for me, and they were when they could and vice versa. The support and boundaries with all these people have gotten me to where I am today!

Some go to priests, others to poetry, who do you go to?



# Collide!

## CONCEPTS

The idea of therapy is very individualistic, it judges people's perspective of growth and development. Not only is a village needed to raise a kid, a village is necessary for the betterment and survival of every individual. If the community is not supportive of the individual, then the onus lies primarily on a single individual to manage all aspects of their life, which honestly is too much pressure. And add in power, sexuality, race, caste etc into the mix and we realize that some communities are thriving while the others aren't. It is the connectedness that's important... the belongingness which bring with it the support, love, care, comfort and empathy.



# Community



I wonder, if there is anyone who knows you better than you know yourself?

Thank you

