**Essay Question:**

* If you could live your life fighting for one cause, what would it be and why?

If I could live my life fighting for one cause, it would be mental health advocation. A mental health advocate is anyone willing to be a voice for those who suffer from mental disorders. There should be a fight for affordable and accessible mental health treatment options in every community. People who are suffering should feel encouraged. There should be amble amount of information and education provided about mental health. There are so many of us who are struggling mentally and do not know where to turn. Sometimes we do not even understand what is going on. We are so afraid of becoming stereotypes and being stigmatized because no matter how much education and light that is shed on mental health, it is still a sensitive subject. When we have affordable and accessible mental health resources in our communities, everything else will follow. This means an impact and possible decrease in crime rates, substance abuse, homelessness, and an increase in overall physical health. This can be done with destigmatization, education, and much advocation for programs and people who are willing to put mental health first. Mental disorders and illness will always be a sensitive subject in our society, but what we do to try and make things better is what counts.

**Receipts**

