Tionna Pickens

Essay Question

6-10-23

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

If I could live my life fighting one cause it would be mental health. I would fight for that cause because mental health matters and not a lot of people realize that. I think mental health is a thing that isn’t much talked about much especially with men in society where they are wrongly taught at a young age that expressing emotions would make them come off as “weak”. Personally, I don’t like hearing that because it stops a person from trying to even give a little call out for help. With me going into Psychology as my major this is really something I would spend my time fighting to make sure people get the support they need, simply because life isn’t always rainbows and smiles. A lot of people don’t get help with their battles because they are embarrassed or can’t afford mental health treatment in their communities. I think ways to allow people to be able to afford treatment and get the help they need should be something that can happen because mental health is important. I think with the right support suicide rates would decrease.

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