Mind Your Water: Encouraging Mental Wellness Following Water Crisis
Sydney Atkinson (BBT), Dora Evans (EVE), Kaelyn Foss (EVE), Madelyn Uryase (AREN)
Advisors: Professors Marja Bakermans and Geoffrey Pfeifer, & PLA Kelley Townley

The Problem
Mental Illness Caused by Water Crisis

ANXIETY

DEPRESSION

Lack of psychologists and resources that can provide adequate support

Those affected are left untreated and uneducated on how to get help or help themselves

Sources
- M. Below, personal communication, November 9, 2018.

Our Solution
Brochure
- Defines stress disorders: depression and anxiety
- Gives techniques on how to relieve stress
- Provides sources of help
- Comes in English and Spanish

Helpline
Trained Volunteers
- Provide information
- Offer counseling and support
- Direct callers to helpful agencies