**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

---

**WATER CRISIS**
The scarcity of usable, good quality water needed to meet domestic demands

---

**FLINT, MI**
City Switches Quickly to a Different Water Source
Lead Leeches into Water Through Pipelines
Residents are Left Without Clean Water for 3+ YEARS

---

**CASE STUDIES & Other Water Crises Since 2000**

---

**ENVIRONMENTAL RACISM**

---

**AUSTIN, TX**
Period of Unprecedented Heavy Rainfall
Filtration Systems Become Overwhelmed
Residents are Sent a Water Boil Notice

---

**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

---

**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

---

**Sources**

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

---

**Helpline**

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

---