

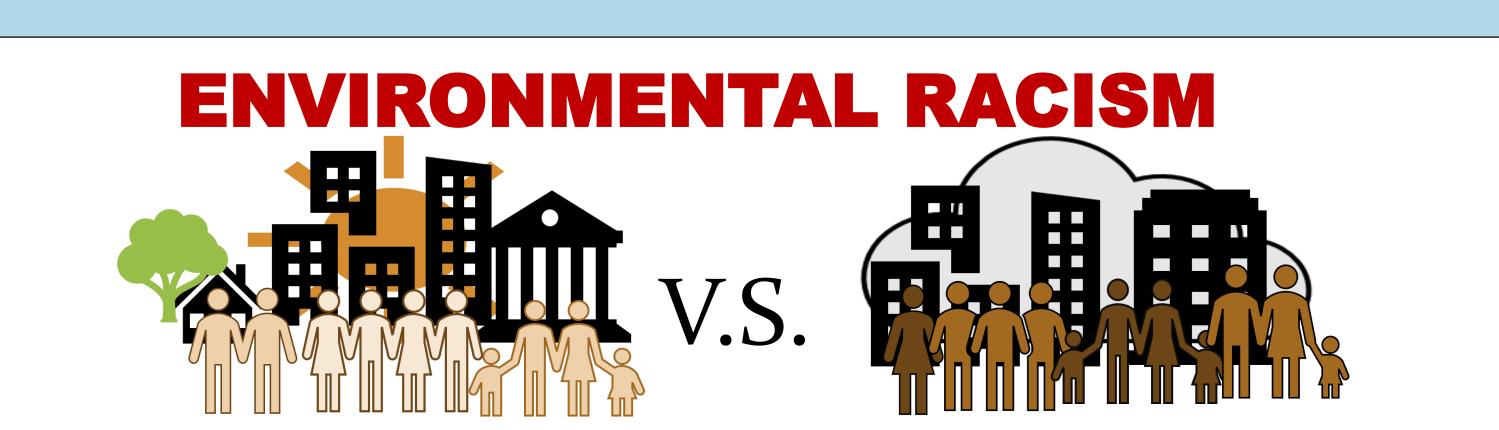
Mind Your Water: Encouraging Mental Wellness Following Water Crisis

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



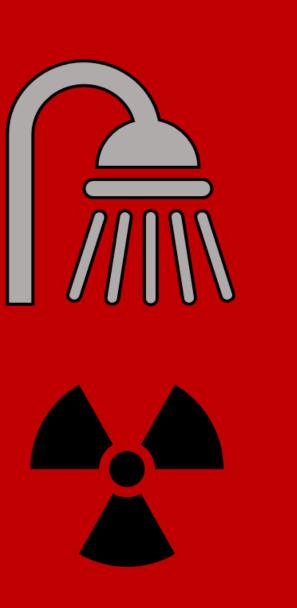
FLINT, MI

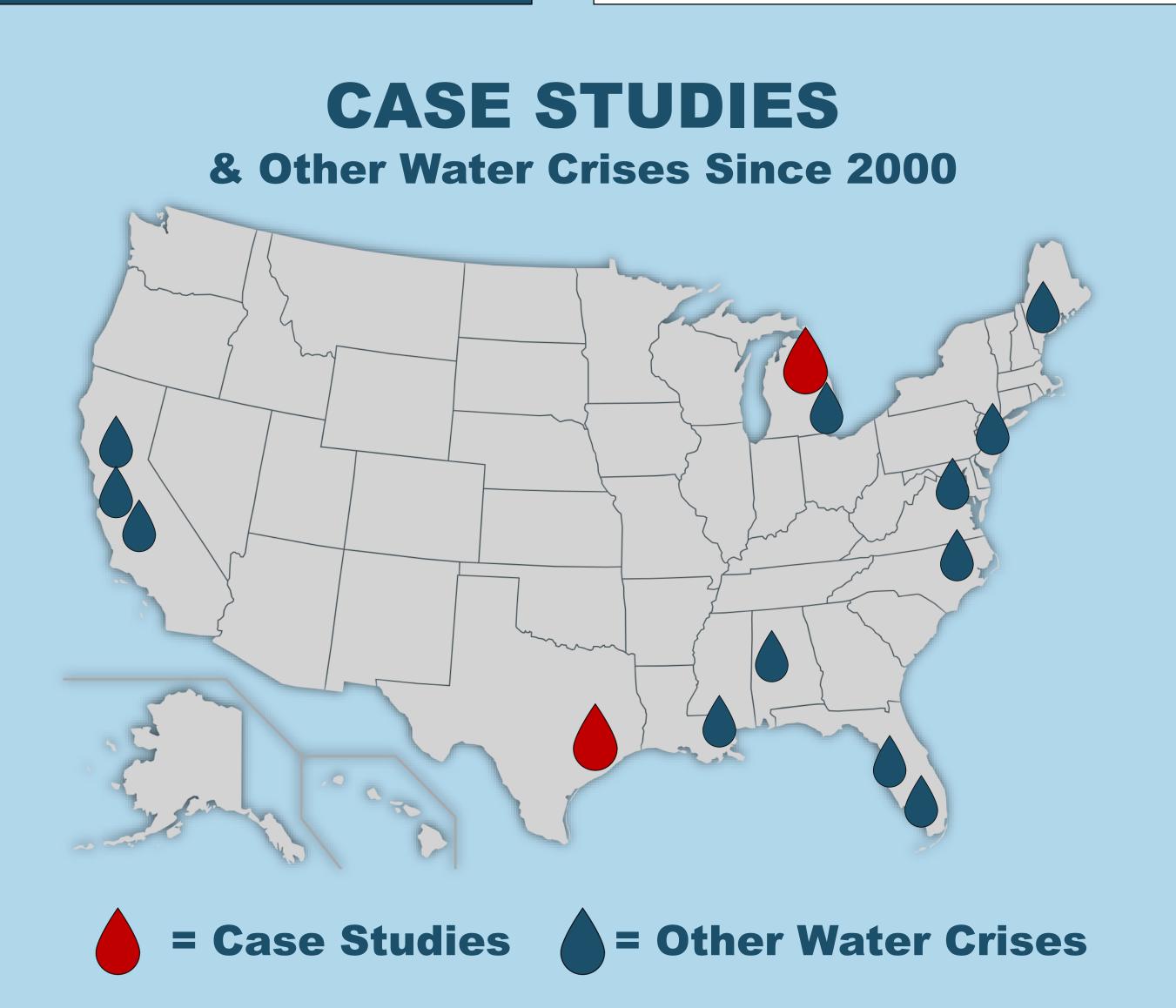
City Switches Quickly to a **Different Water** Source

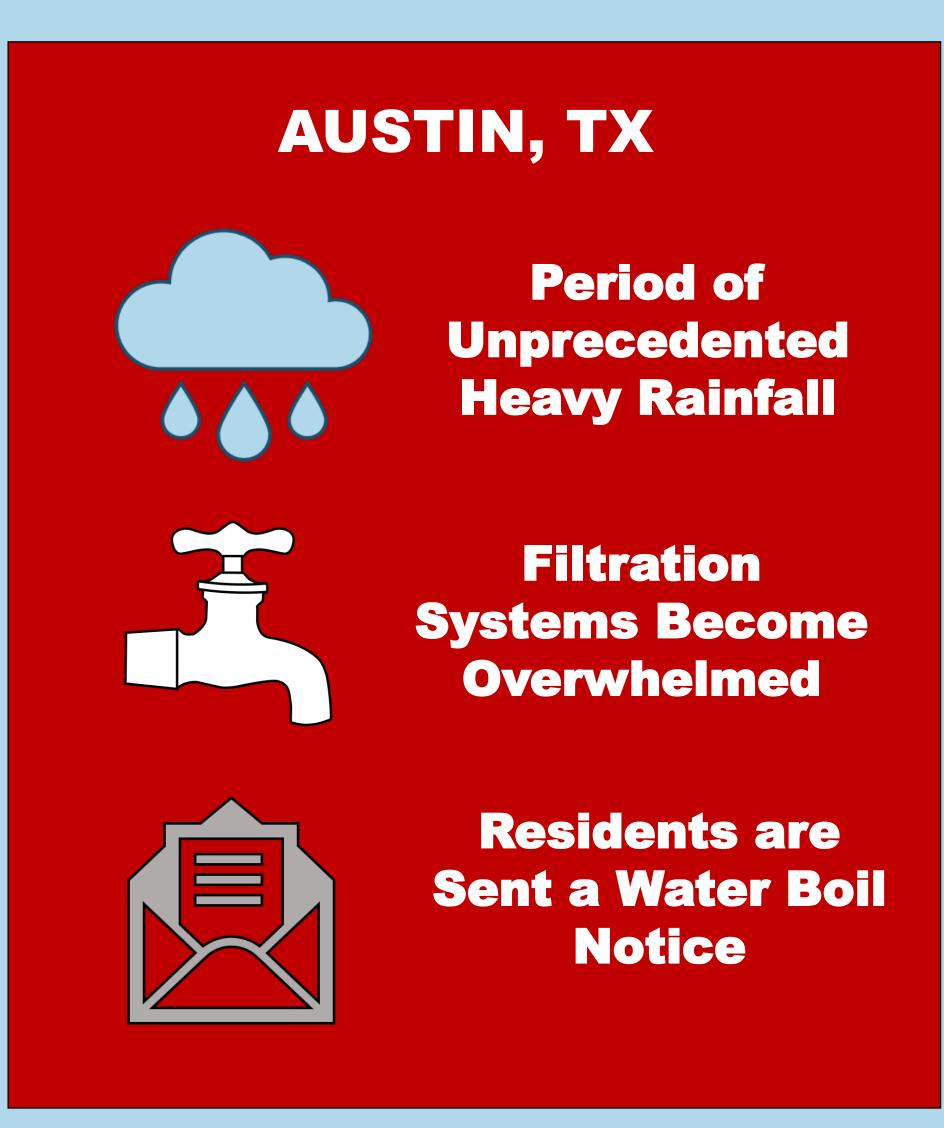


Lead Leeches into Water Through Pipelines

Residents are Left Without Clean Water for 3+ YEARS







The Problem





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

- Goodnough, A., & Atkinson, S. (2016, May 1). Flint water crisis also hits at mental health. The New York Times.

- Wutich, A., & Ragsdale, K. (2008). Water insecurity and emotional distress: Coping with supply, access, and seasonal variability of water in a Bolivian
- Yeung, A., Feldman, G., & Fava, M. (2010). Self-management of depression a manual for mental health and primary care professionals.

Our Solution



YOUR MIND MATTERS

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

Trained Volunteers

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

