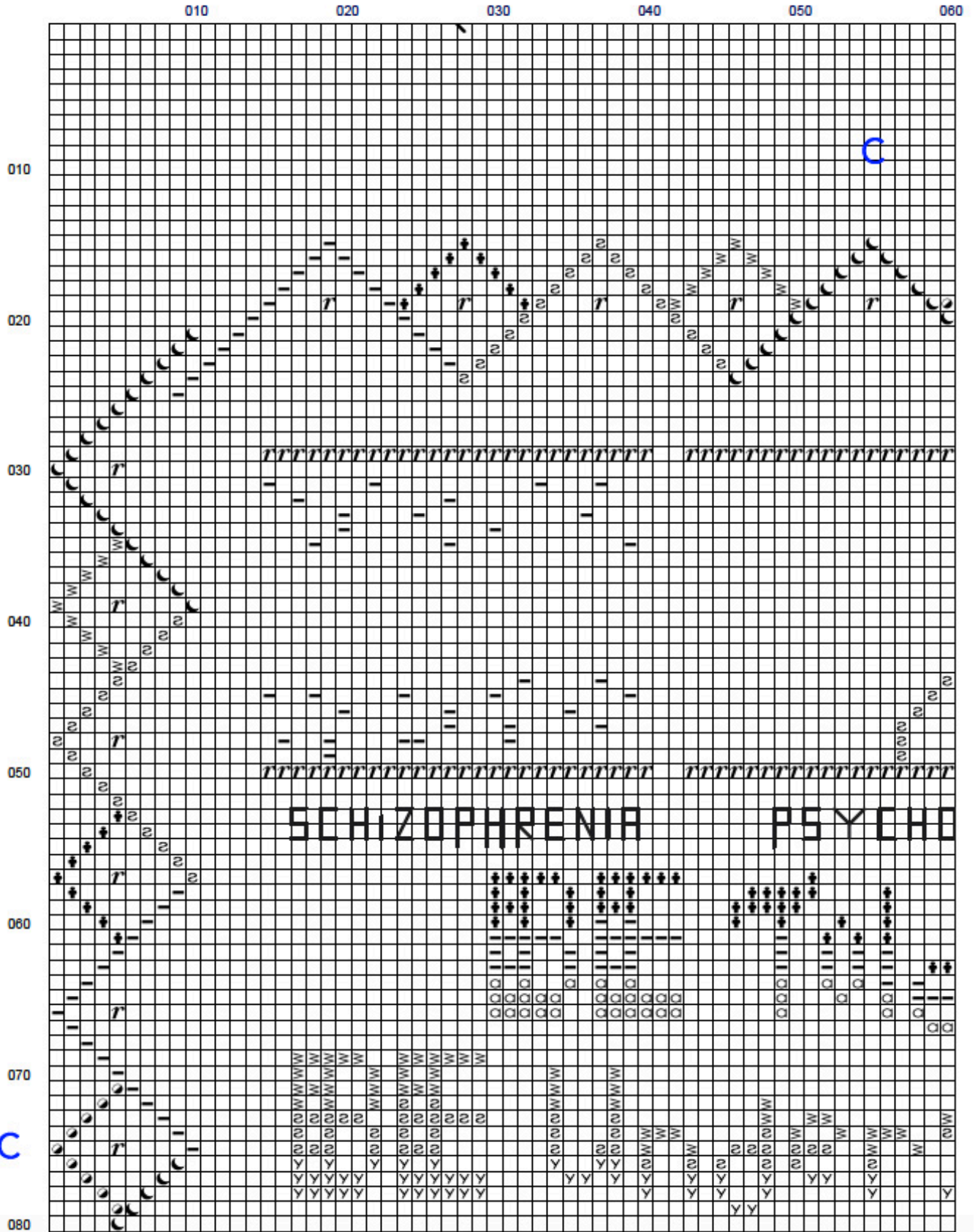
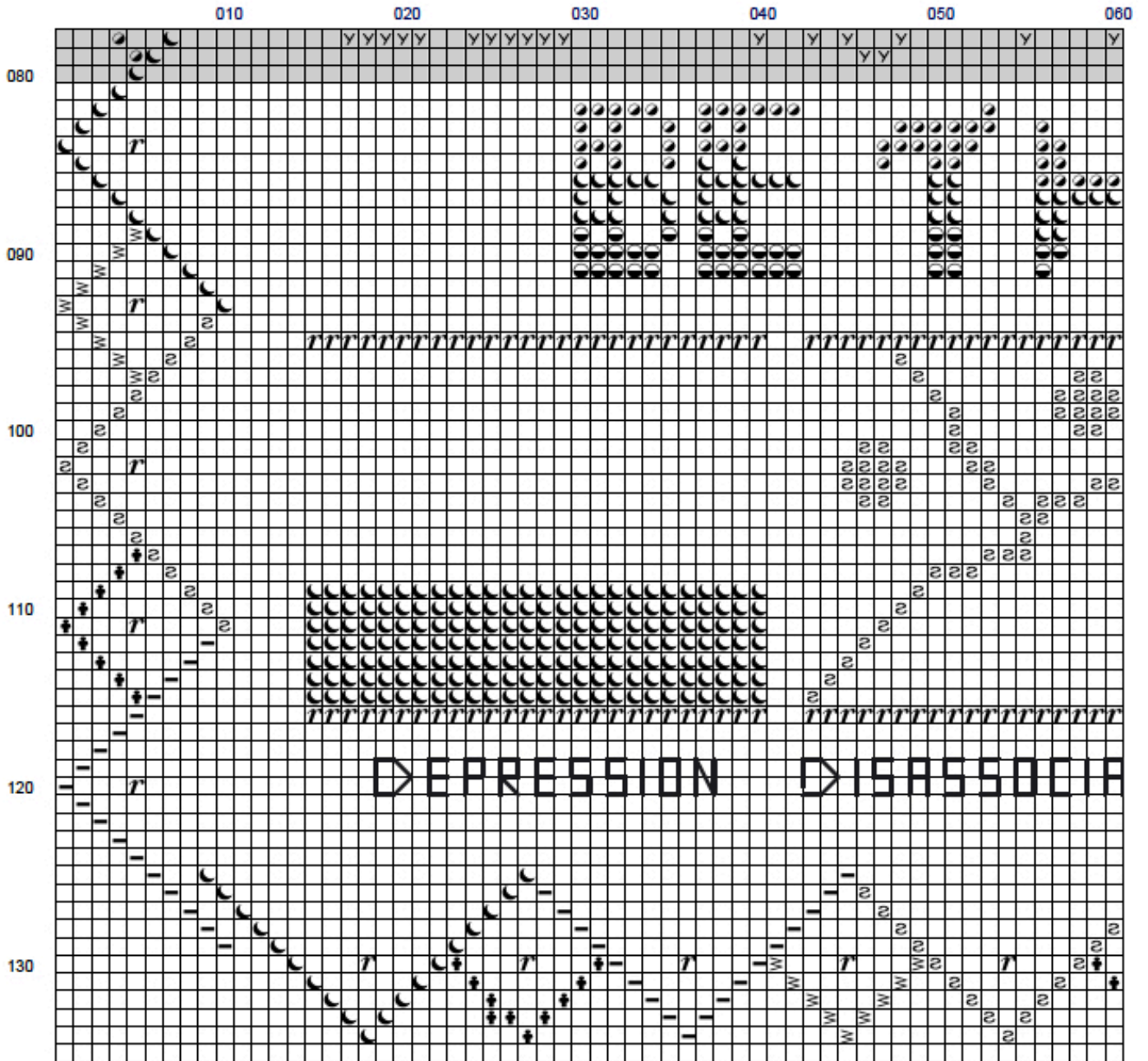
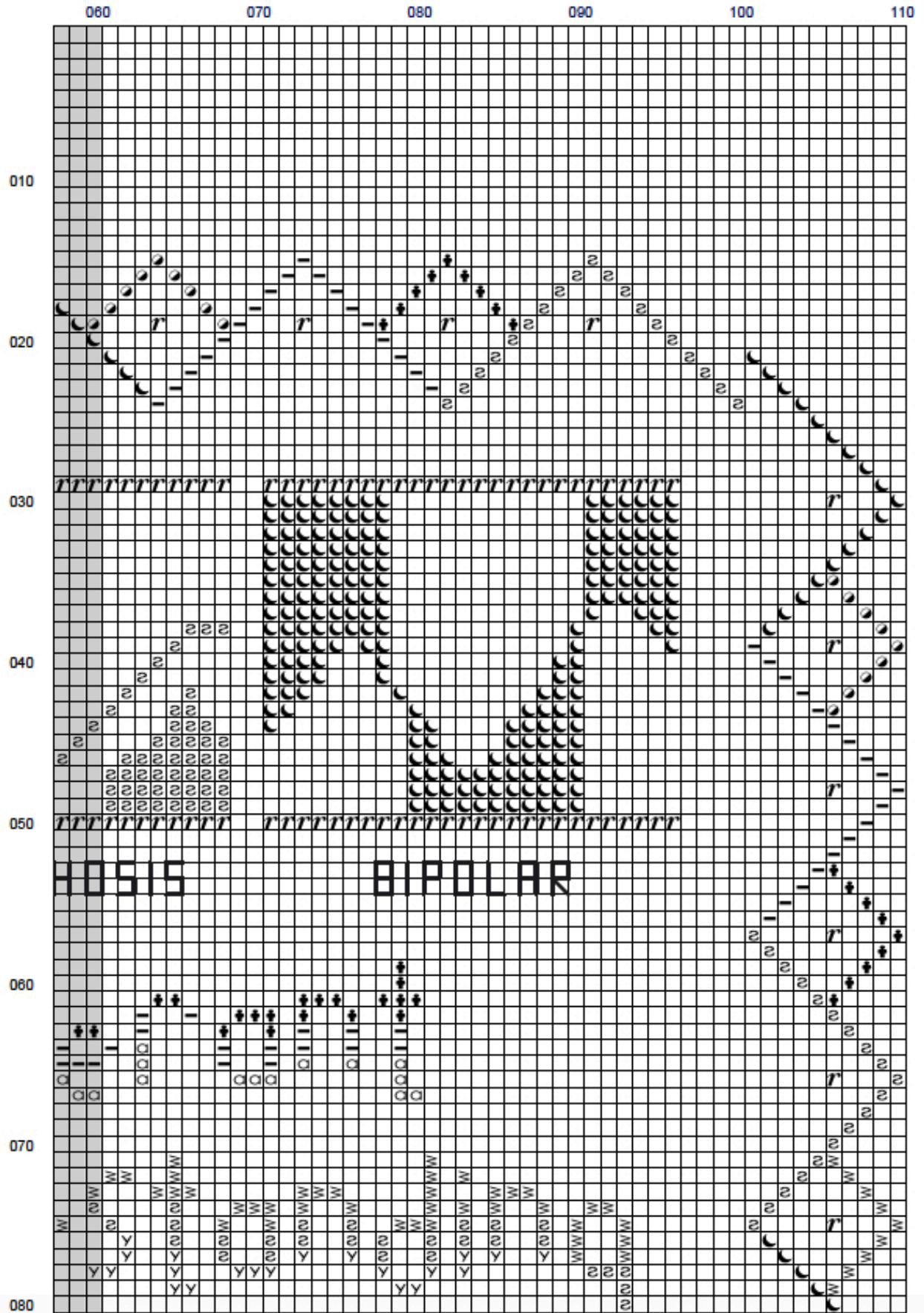
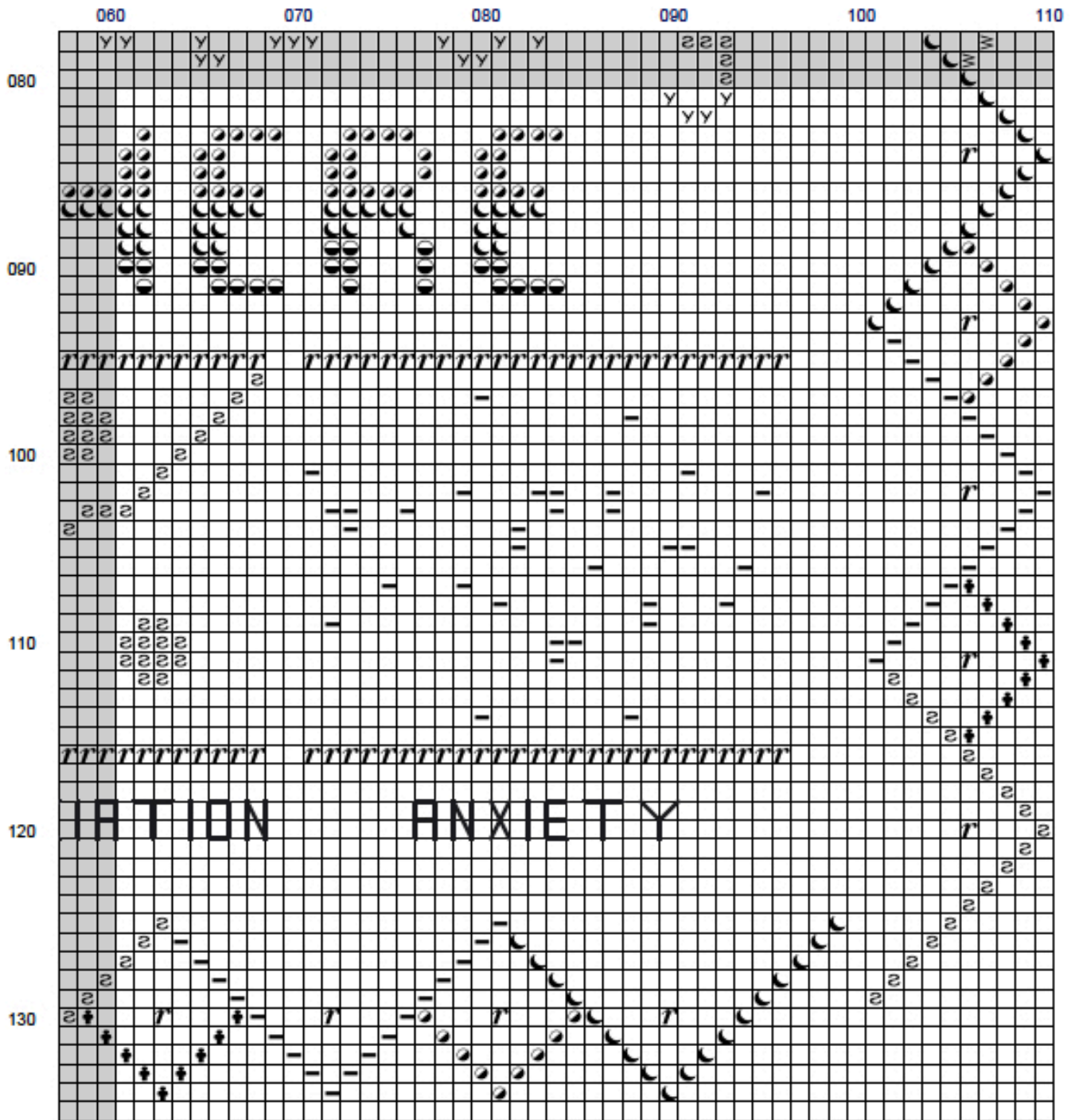


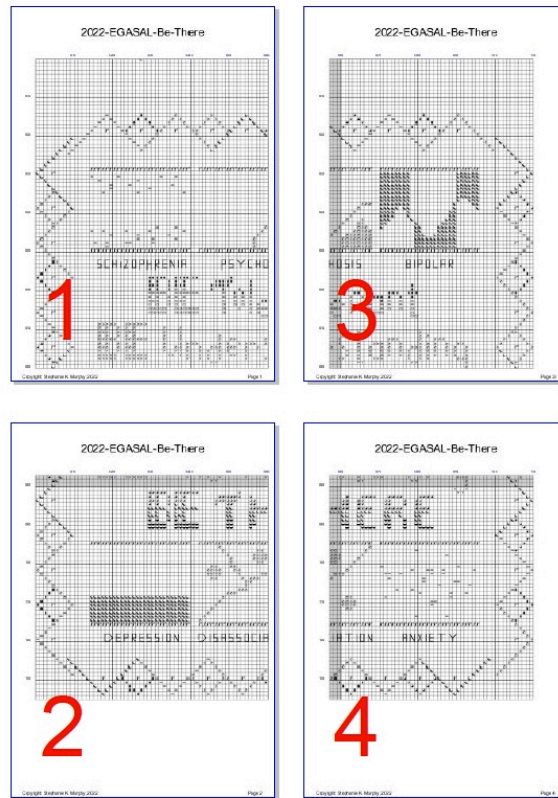
BE THERE
Stephanie K. Murphy
2022 May
(See Notes on last page)













	Number	Name:	Strands	Stitches
■	DMC 310	Black	2	0
ℓ	DMC 3799	Pewter Grey VY DK	2	352
‡	DMC 562	Jade medium	2	139
—	DMC 563	Jade light	2	264
○	DMC 564	Jade very light	2	50
∪	DMC 800	Delft Blue pale	2	72
∩	DMC 799	Delft Blue medium	2	333
≡	DMC 798	Delft Blue dark	2	133
◐	DMC 210	Lavender medium	2	59
◑	DMC 209	Lavender dark	2	595
◒	DMC 208	Lavender very dark	2	143

DMC 310	
	

All Backstitching (Letters) is stitched in DMC 310. Use number of strands is your choice. Designer used 2 strands of DMC floss for all cross stitches on 14-count aida and 1 strand of black for backstitched letters.

NOTES:

Change the colors as you like. Use all of one color if you like. Change the design as you want (larger, smaller, narrower, wider). Choose the cartouche (cartoon) for the illness you need; modify it as needed.

Mental Health Awareness is truly important and it is very sad that it is highly stigmatized throughout the world. During the pandemic, isolation became the norm causing mental health issues to magnify. It doesn't help that mental illness is considered something to be hidden or to be ashamed about. Remember **TAUT Tolerance And Understanding** and being **There!** Many people do not want to admit that they have a mental health issue because of the way that others will treat or view them or believe it is a sign of weakness. Because of this they refuse what little treatment is available for them. They need YOU to be there for them.

Several disorders usually start around puberty, which makes some doctors believe the pituitary hormone changes in the body during puberty react with brain chemistry generating what people call mental health issues. **Bipolar** disorder (also called manic/depression due the cycles that victims deal with) varies widely. There's a chemical imbalance in the brain. There are medications that can be prescribed for the various levels of cycling that occur. Some are antidepressants. Others cut down the manic phases. Sometimes the medications even out the swings so much that all happiness and depressive states are wiped out causing its own unhappiness. One study stated that brainwave patterns of people with **schizophrenia** differ from "normal people". The brainwaves of a sleeping schizophrenic are equivalent to the brainwaves of a "normal" person when awake. Ergo, the brainwaves of a schizophrenic during the day are the brainwaves of a "normal" person when sleeping. I can only imagine with the nightmares I've had, what a person with schizophrenia has to deal with while awake every single day. And wouldn't it be a great advancement if that switch in the brain circuitry could be reversed so that dream-states and wake-states were reversed for the schizophrenic?

Many people, due to the pandemic, have been impacted by depression alone or anxiety about the present and the future. They internalize the problems and won't ask for help. They need their friends and relatives to take the step of acknowledging that they have a problem and be there for them, whatever that takes. There are medical advances happening, some purely by accident. Keep reading, keep active, keep aware.

Increasing awareness of how mental illness impacts so many families, friends, and veterans will, hopefully, increase acceptance and treatment of the illness and lead to increased studies on brain chemistry and brain circuitry to provide a better future for all of us.

If you are the person who needs a friend, please reach out. Please take that step.

Please spread the word to be **TAUT Tolerance And Understanding** and being **There!**