

Q6: What kind of images would you hope to see, or like to see, in the future to reflect mental health practices?

OTT ON 2015 - 15 Q6 - Blue.mp3

Completely agreeing with that, like the therapist I see, we go out and ride horses or we bake cookies and we draw and talk the whole time and if something like that was to be implemented, it does wonders. You can just be talking about your day and baking cookies and it's the most relieving thing...

Pink

It's not so stressful as sitting in a chair talking to someone.

Blue

Yeah I think if people were just laying there, and it was "ok well, like take your anti-anxieties and see ya next week." it's not as helpful as you would think. If you can go and you can do something about it, you just walk out and you're like "well, I made cookies and I feel pretty good." I think a lot people would benefit from something like that as well.