

“Let’s Talk About Mental Health ‘Starting the Conversation’ “(Former Title Mental Health)”

Mental Health (MH) is an essential component of overall well-being, and the pandemic has brought it into sharp focus. Recognizing the signs and symptoms of Mental Illness (MI) is crucial to taking proactive steps towards MH care. Conversations about MH are vital because they help individuals to express their feelings, thoughts, and experiences in a safe and supportive environment. This can reduce the stigma and shame associated with (MI) and provide a sense of validation and understanding for individuals who may be struggling with their MI. By talking about MH, individuals can also gain access to important resources and support systems, such as MH professionals, support groups, and community resources. Conversations about MH can help to build a sense of community and connectedness, which is an essential part of any person's well-being. They can also increase awareness and understanding of MI, crucial for reducing stigma and promoting MH care in the past...

...philosophers like Socrates and Hippocrates recognized the importance of conversation in understanding the human psyche and achieving emotional balance. They believed that talking and self-examination were essential tools for gaining wisdom and living a virtuous life. Similarly, modern research has shown that talking and listening are important tools for understanding the root causes of mental illness and developing effective treatments. MH awareness is about empowering individuals to take control of their own MH and well-being. By building awareness and reducing stigma, we can create a brighter future and a more productive, supportive, and understanding society. Without awareness, many people suffer in silence, afraid to seek help or share their experiences with others. So, it's high time to start talking about MH and prioritise it as we would any other sickness because if the mind is fit, everything else falls into place.

Purpose of Exhibit—This is high time now people must talk about mi issues like any other sickness without that awareness, taboo, over all support will grow. So, let’s start conversing ---

Research & Resources --- My personal experience from last 40 years as care giver & chief functionary of Manav Foundation of rehabilitation set up from last 20 years. Also done Diploma courses in counselling & psychotherapy. Read book by prominent writers -- Berne Brown, Jhon Powell, emotional Intelligence-Daniel Goleman, Dr Brian Weiss, Addicted to Unhappiness by Martha & William Pieper.

1. Collection Of Anecdotes Depicting Impact of Psychology
2. History. And Evolution of MH And MI
3. Current Need for Conversation on MI



Plan of Exhibit

Frame 1	Frame 2	Frame 3	Frame 4	Frame 5
Introduction/index.....1.1	Oppression Cornflakes- Hitler, Franklin Roosevelt, Eleanor Roosevelt.....2.1	God Religion, Faith Myths or Belief.....3.1	Insurance & Mental Health.....4.1	Traffic And Psychology.....5.1
Covid and Mental Health.....1.2	Great Depression Henry Ford.....2.2	Asylum Inst & Hosp for MI.....3.2	Psychology today --Suicide, prevention..4.2	Old Age, Alzheimer, Dementia.....5.2
Anecdotes-V. Goah, M. Ramirez, Louis Wain P. Picasso.....1.3	Socrates/ Plato/Aristotle/ Ibn Khaldun.....2.3	Asylum, Inst., Hosp & MI.....3.3	Counselling.....4.3	Alternative Therapies -Naturopathy.....5.3
Anecdote’s Beethoven, W Churchill, L Gilbreth, A Einstein1.4	Thinker, Philosopher, Physician-Avicenna ,Hippocrates , Immanuel Kant.....2.4	Psychiatry Treatment & Medicine.....3.4	Psychoanalysis-Sigmund Freud, Carl Jung.4.4	Alternative Therapies Naturopathy, Yoga5.4
Edward Munch, F. Goya, Royal Shuman..1.5	Islamic Philosophy--Plato Socrates.....2.5	Evolution --Phillippe Pinel, Johannes Weir, J.C Schroeder.....3.5	Psychology Psychologist Congress & Symposium.....4.5	Alternative Therapies Ayurveda.....5.5
US President and Mental Health.....1.6	God Of Medicine Ibn Rused, Al Razi, Avicenna, Rene Descartes.....2.6	Human Service-Albert Schweitzer, Sesselja.3.6	Addiction/ Alcohol/Drugs.....4.6	Alternative Therapies Homeopathy, Unani & Acupuncture.....5.6
US President & MH.....1.7	Lobotomy-Blood Letting, Surgical Instrument, Egas Moniz.....2.7	Nursing-Sister Cecilia & Florence Nightingale.....3.7	Human Mind/ Behavior & Psychiatry- Psychiatrist.....4.7	Diseases triggered by stress & Role of Endocrinologist.....5.7
Holocaust-Nazi’s Killing & World War,....1.8	Religion, Treatment, Myths-Witch, Devil, Fancy cancellation.....2.8	Dr. Eugene Jamot / Sleep Sickness.....3.8	Psychiatrist.....4.8	Finally, Communication & Conversing Help.....5.8

Covid and Mental Health

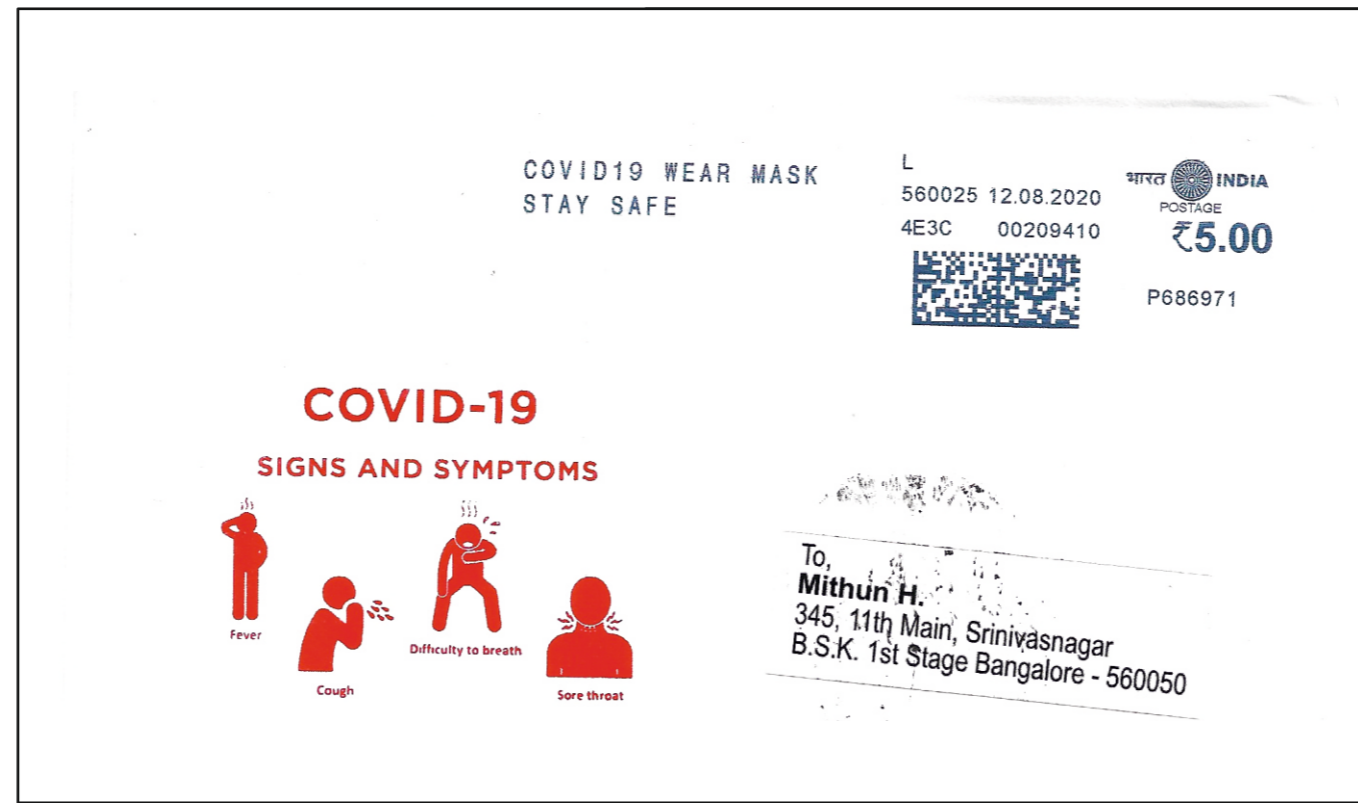
The COVID-19 pandemic has significantly impacted global mental health, causing stress, anxiety, and uncertainty. Factors such as social distancing, lockdowns, and economic insecurity have contributed to increased depression, isolation, and loneliness. Many individuals and families have suffered financially due to job loss and depleted savings.

Country Israel 2005 6.20,

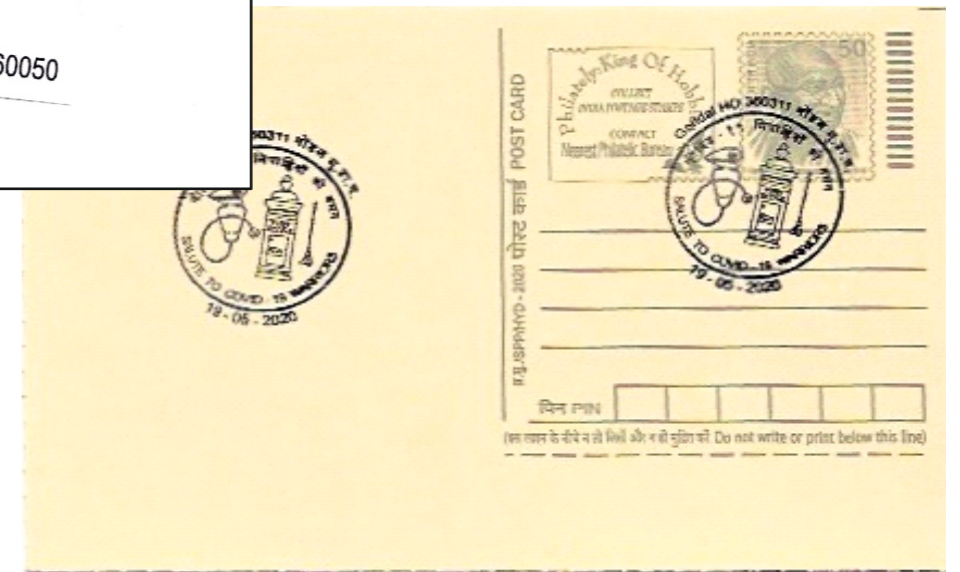
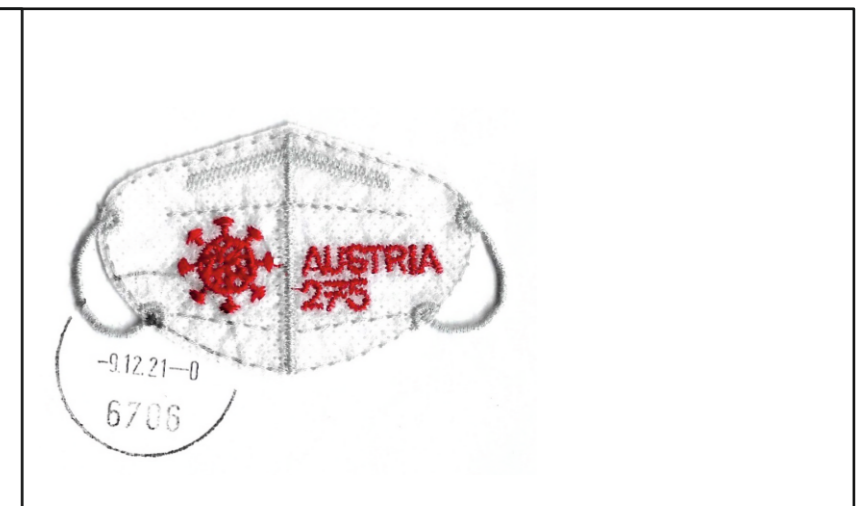


Stamp on Mental Health,
Stamp issued –A personal perspective on development of the survivor.
Country Israel.

Meter
Franking –
Slogan –
“Wear
Mask, Stay
safe”India.,
Rupee 6/-



Wear mask stay safe ' With sign & symptoms of Covid. Fabric mask stamp from Austria..



Die proof signed card of vaccine injecting. Country-UN- Year--1983



Whole world, was affected completely many countries put their hard work for some break though to get relief from such a traumatic sickness & unbearable life style. Many countries did get success in inventing vaccine. UN and WHO also cooperated for such initiatives.

Blue
Cancelation
'fight against
covid -19"



Anecdotes

An artistic personality is characterised by a number of common traits. These individuals tend to prefer free, unstructured time spent on creative interests, allowing them to express themselves through various forms of art. They are fiercely independent and may be averse to rules or a little impulsive, preferring to challenge traditional norms and experiment with new designs & behaviours. Additionally, they place a high value on beauty and aesthetic qualities in all forms, recognising and ...

... appreciating the expressive, original, and intuitive aspects of art. This desire to challenge the status quo and embrace new perspectives is often what sets those with an artistic personality apart from others, as they pursue their creative interests with passion & dedication. Many of them also ISFP (introverted, Sensitive, Feeling, Perceiving)



Vincent Van Gogh— 1853-1890— was a Dutch post-impressionist painter & was widely regarded as one of the most influential artists in history, known for his vivid use of colour and his bold, expressive style. He also had a long history of MI, which plagued him throughout his life. He suffered from episodes of depression, anxiety and hallucinations, which he attempted to self-treat with alcohol and other substances. Despite seeking treatment in various psychiatric institutions, his MH continued to deteriorate & he ultimately died by suicide at the age of 37. Despite his struggles, van Gogh's art has had a lasting impact on the world. His paintings continue to be admired and studied by artists and art enthusiasts alike. His struggles with MI have also helped to increase awareness and understanding of MH issues and his story serves as a reminder of the importance of seeking help & support when dealing with MH challenges.



Martin Ramirez—His stayal of vertical art. Country – Issue—

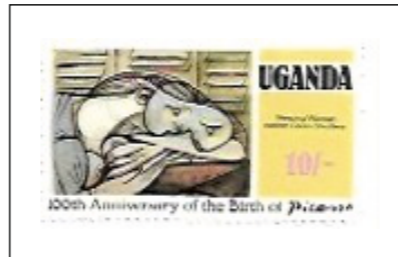


Martin Ramirez was a Mexican-American artist who suffered from paranoid schizophrenia and spent most of his life in psychiatric hospitals in the US. He used to find materials and often incorporated transportation motifs in his art. Ramirez's repetitive patterns and motifs helped him create structure in a chaotic environment, and his work is recognised for its unique vision and expression of the human spirit in the face of adversity.

A beautiful & popular painting stamp by Van Goah, Café terrace at night, self Portrait, Skull, —Country –Grenada Carriacouan--\$3.50,\$3.50,\$3.50-

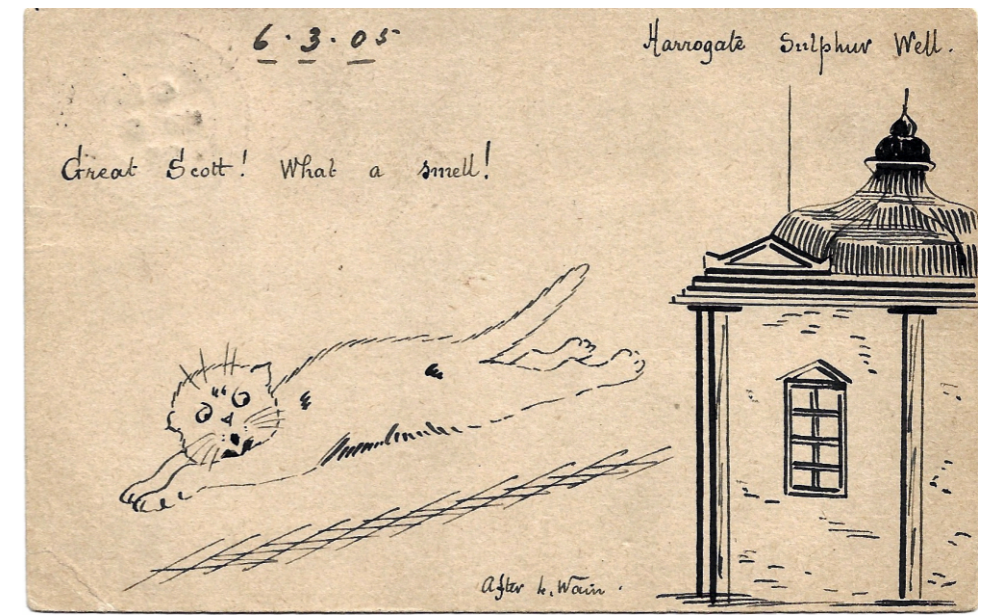
-Self portrait of Van Goh on Canvas, Year-- 1981Country—Maldives.5 R

Picasso's 100th Birth anniversary, Uganda, Sleeping woman before green shutters, Horse face. Prize-10/-

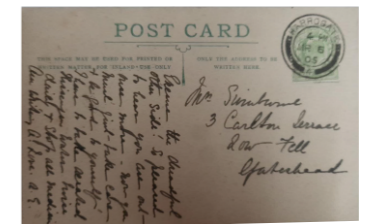


Pablo Picasso was a Spanish painter who experienced MH issues throughout his life. He went through a period of depression & anxiety. Picasso's work is known for its experimentation form, colour, & composition, which some believe reflect his psychological states. He also had a complicated personal life with broken relationships, which experts believe may have been indicative of underlying MH issues. Despite his struggles, Picasso continued to create art throughout his life.

Cat expression Art Work, sign by Louis Wain.

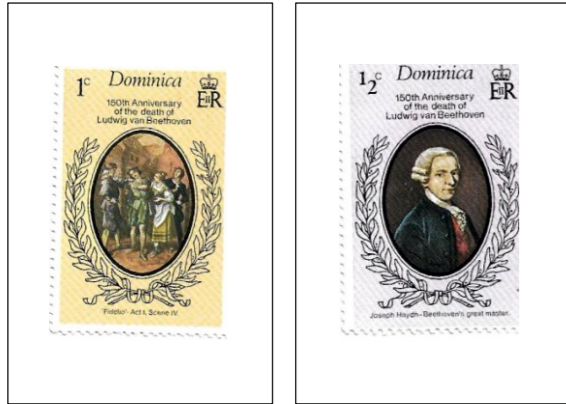


Louis Wain was an English artist known for his colourful cat paintings, but in later years, he experienced MH issues, including schizophrenia. After his wife's death, he had a series of breakdowns & was institutionalized. During this time, his art underwent a transformation, becoming more abstract and surrealistic. cat paintings became a way for him to explore his own changing perceptions of reality & to express his innermost thoughts and emotions. Some experts suggest that his art became a way to express his. Despite his challenges, Wain continued to create art, his work remains popular today.



Ancadote's

Rare and valuable, the Costa Rica 1926 'CHAPUIASYLUM' San Jose Surcharged stamp is a scarce find. Originally worth 10 centavos, it was later surcharged to 15 centavos and features national symbols showcasing resourcefulness in times of scarcity.



150th Death Anniversary of Beethoven, Country-Dominica Denomination- 1c and 1-2c Mint, set of 2.

Ludwig van Beethoven (1770-1827) was a German composer and pianist of western classical music. He was known for his innovative compositions. Beethoven also struggled with MH issues throughout his life. He experienced intense mood swings & his behaviour was often erratic and unpredictable. He was known for his explosive temper and difficulty maintaining personal relationships. He also suffered from progressive hearing loss, which began in his 20s & eventually left him completely deaf. This had a significant impact on his MH & well-being as it cut him off from the world of music & forced him to rely on written communication to communicate with others.

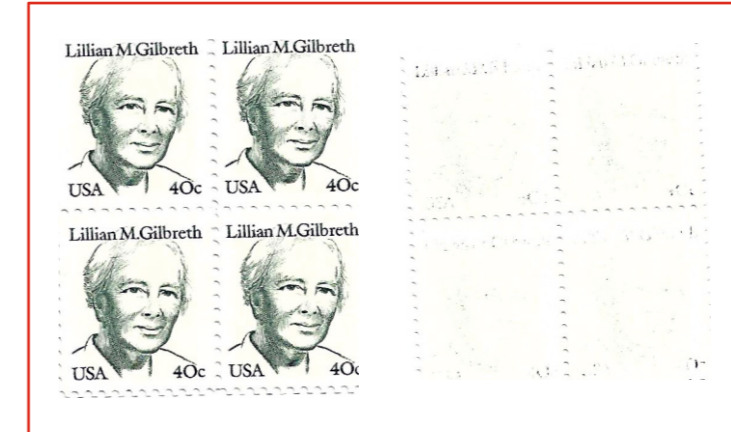


US postage- 5 cents Year of Issue—1965 Denomination-5 cents. Churchill at old age with stick & country - UMM AL VIWAIN-75NP

Winston Churchill (1874-1965) was a British politician and writer who served as the Prime Minister of the United Kingdom twice, leading his country through World War II. He has also won the Nobel Prize in Literature. Churchill also struggled with mental health issues throughout his life. He suffered from bouts of depression and anxiety, which he referred to as his "black dog." Despite this, he was able to manage his condition and continue to lead his country during difficult times.

Albert Einstein-- (1879-1955) was a German- theoretical physicist, Genius scientists, social conscience. He advocates for peace and social justice, and spoke out against nuclear weapons and the use of science for military purposes. Einstein's achievements include revolutionizing our understanding of space and time, and laying the foundation for much of modern physics. He was awarded the Nobel Prize in Physics. However, Einstein also struggled with MH issues, including depression and anxiety. He had difficulty forming personal relationships, in the field of physics.

Lillian M Gilbreth -Error block, & original stamp. The error is completely faded. Country -USA, 40 C., 24 February 1984.



Lillian Moller Gilbreth (1878-1972) was an American psychologist and engineer who is widely recognised as the first industrial/organisational psychologist. She is perhaps best known for her pioneering work in the fields of time and motion study, ergonomics, and industrial engineering. Her work aimed to increase efficiency and productivity in the workplace, while also improving the quality of life for workers. Among her many achievements, Gilbreth was the first female member of the American Society of Mechanical Engineers and the first woman to receive an honorary degree from Purdue University. She also co-authored the classic book "Cheaper by the Dozen" with her husband, which was later adapted into a popular movie.



Albert Einstein Year of issue 1905 on. The occasion of philately day Country – Jerusalem Price-NIS 12 India-1979-Rupee-1



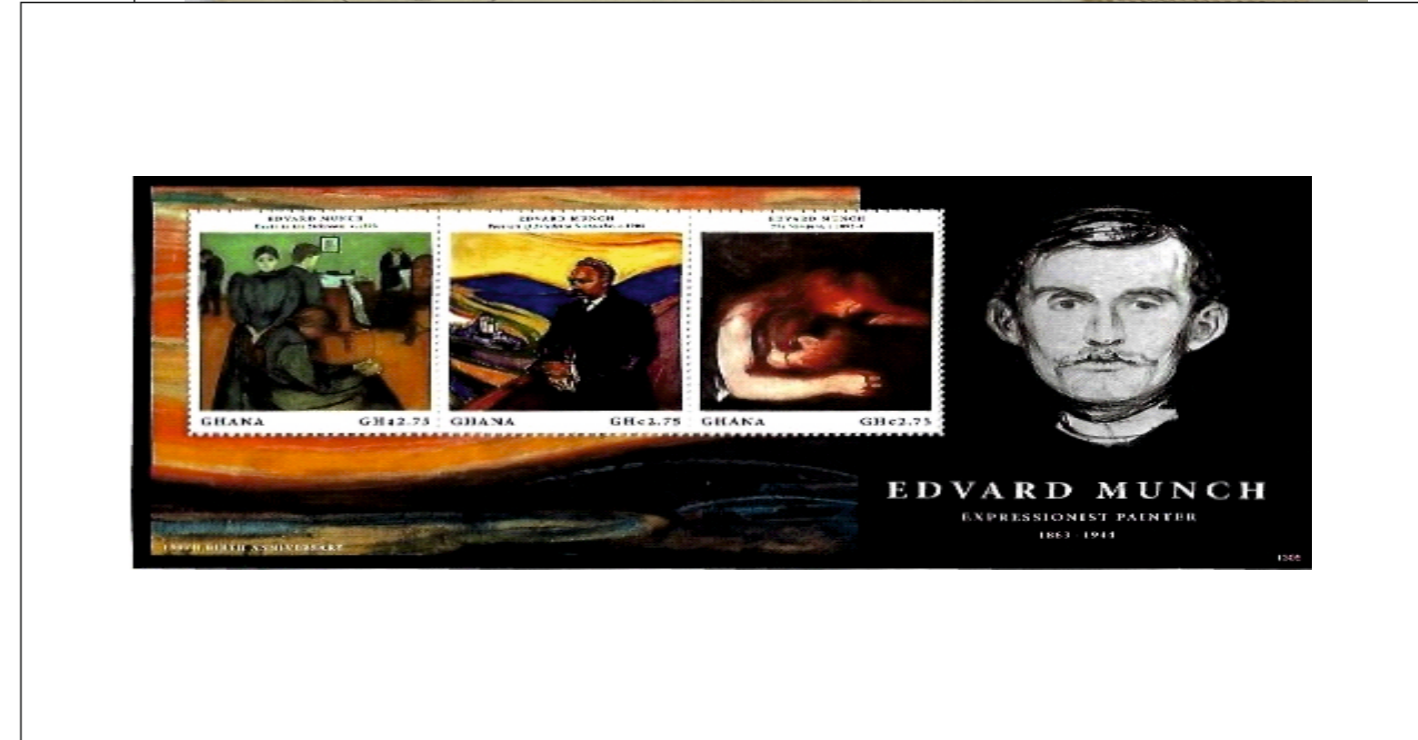
Artist & Others.

As mentioned above artist Francisco de Goya & Picasso had their own mind set & personality. Pablo Picasso had short body with short legs. Goya painting expression was based on human experience like creativity with nude paintings, Black painting which demonstrate the impact of inner turmoil.

Used cover from Spain to Dayton. Stamp used on it is of Francisco De Goya. Year-1946 / 25Cts.
Used cover of Goya Museum, Tarn, 1968.

Francisco de Goya was a famous Spanish painter who struggled with MH issues. He suffered from depression, anxiety, and possibly schizophrenia. Despite his struggles, he continued to create art throughout his life, & some of his most famous works were created in the later years of his life when he was grappling with the challenges of aging and illness. His late works, such as the "Black Paintings," are known for their haunting and surreal qualities and are seen as a reflection of his inner turmoil. Goya's life and work demonstrate the impact of MH on creativity and the human experience. Francisco de Goya postally used cover of Goya Museum.

Postally used cover with Edward Munch portrait & Lowliness stamps. Edvard Munch –Miniature sheet, of his paintings, Country –Ghana, Year –2013, 150th birthday.



Edvard Munch was a Norwegian painter who experienced various MH issues, including depression, anxiety, and alcoholism, throughout his life. His personal struggles are believed to have influenced his artistic style, as he often depicted themes of angst, loneliness, and despair in his work. Despite his challenges, Munch was a prolific artist who sought treatment for his MH issues, including undergoing psychoanalysis with Carl Jung in the early 1900s. Some of his most famous works, such as "The Scream," have been interpreted as expressions of his own anxiety and fear.

Meter cancellation, Slogan—Supporting youth mental health with action for children.



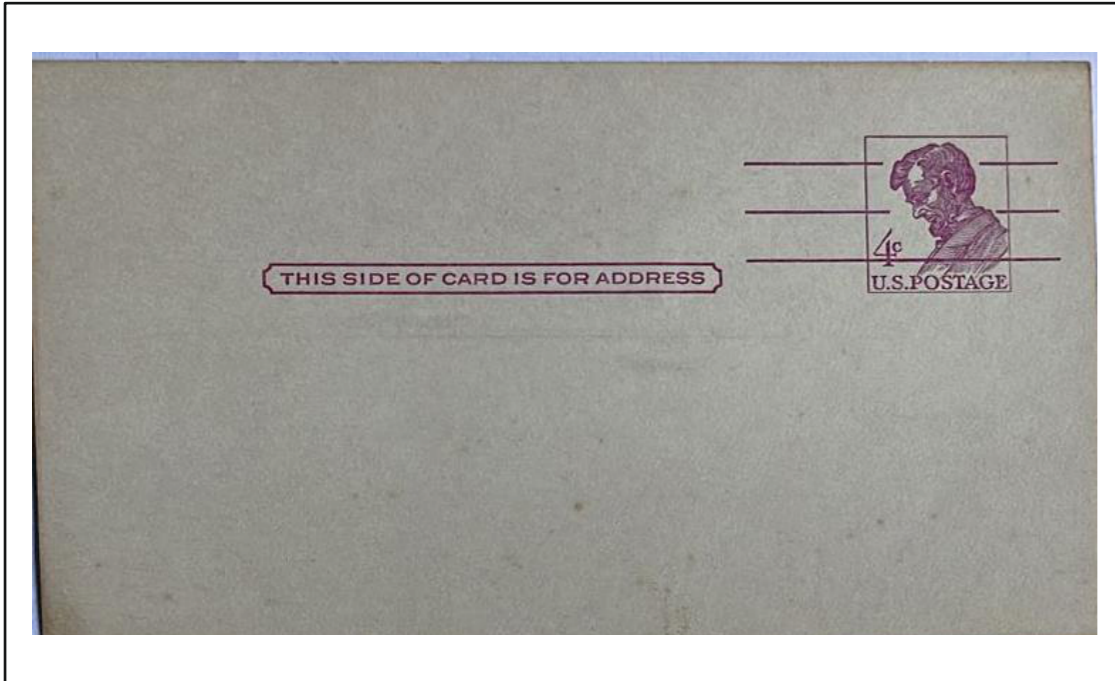
US President and Mental Health

Nearly half of U.S. presidents studied have battled some form of mental illness, including bipolar disorder, anxiety and depression. For most of these men, speaking publicly about their disability was discouraged during their lifetime. Today we honour them for overcoming the challenges they faced as individuals with mental health issue and for serving the country...



Postal stationary card, Abraham Lincoln, imprint Lincoln Stamp, 4c, US Postage 3 cents with his say of the people, by the people, for the people.

Postal stationary card, Abraham Lincoln, imprint Lincoln stamp, 4c



Abraham Lincoln - 1861-1865 - Served as 16th president of US until his assassination in April 1865. Researcher believe he suffered from "major depressive disorder, recurrent, with psychotic features." In a letter to his first low partner, Lincoln writes; 'I am now the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on the earth. To remain as I am is impossible; I must die or be better, it appears to me. He was prone throughout his life to melancholy, according to biographer David Herbert-Donald. **deep depression.**



Franklin Pierce -1938 president series, Issued on October 6th 1938, He did not appear on any commiserative stamp till 1986.

Franklin Pierce - was heavy drinker, can be described as outgoing, pleasant, charming, genial, open and direct. It has been speculated that Myers-Briggs personality type for Franklin Pierce is an ESTP (introversion, intuition, thinking, perceiving).

USA Teddy 1924



(Teddy)--- Macambique-correios-2002



Theodore Roosevelt 1901—1909 The statesman, author, soldier, explorer and reformer lived with bipolar I disorder. Renowned clinical psychologist Kay Redfield Jamison said the 26th president "came into the world a full-blown exuberant. Issued -1924 In a 2002 talk, she characterised Roosevelt as "hypomaniac on a mild day. He wrote 40 books and read a book a day, even as president. He also went into an extended depression that saw him reinvent himself as a cowboy."

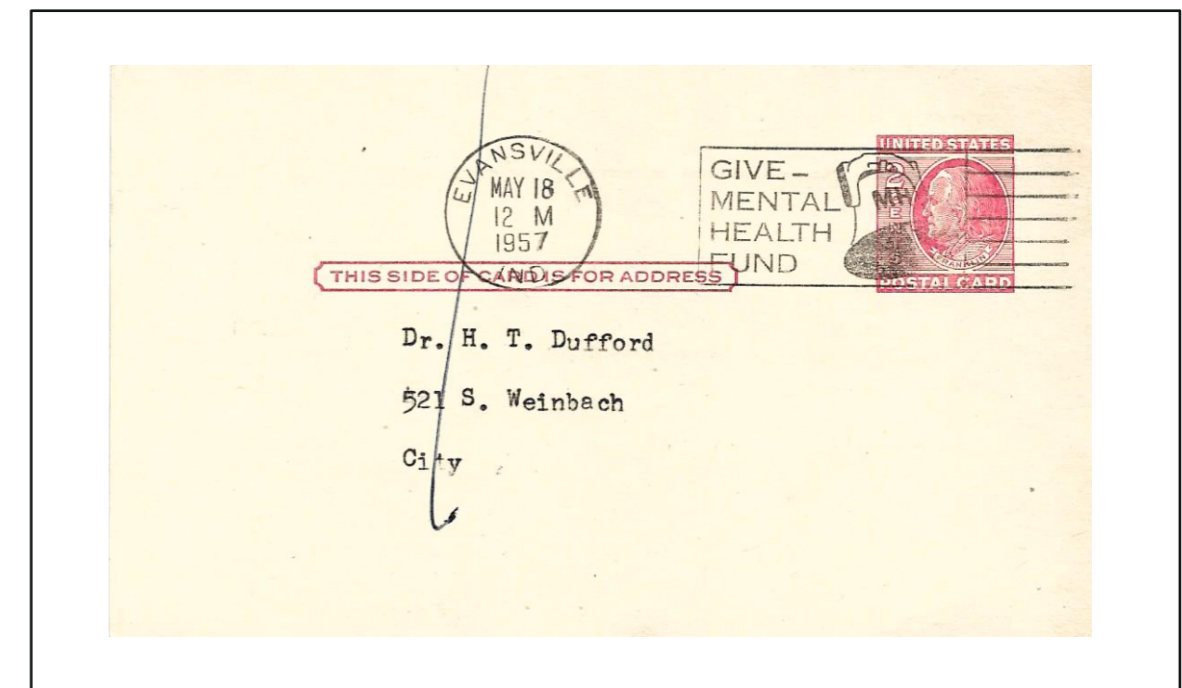
...This is after psychiatrists at Duke University Medical Centre analysed presidential biographies from the years 1776 to 1974 and used criteria from the DSMIV. Here are twelve presidents with mental disorders that prove it was still possible to be a successful leader:

George-Washington stamp, on local hand delivery letter. from G. W. 1890 to Dr L. Vireos Buggs, 82, Devonshire Street, Boston G. Washington Blue 5 cent Stamp



George Washington - He did apparently have many other maladies, including malaria and chronic pain, both of which can increase risk for depression and anxiety, but it appears Washington is a case study of resilience and was spared such psychiatric co-Morbidities.

Red on-Buff Thomas Jefferson Denomination-2 cent Used post card. Slogan Cancellation-Give mental health Fund with MH bell. Year --1957



Buff Thomas Jefferson - 1743 - 1826 - 3rd president of United States of America. He was the victim of a Panoply of disorders including episodic headaches, Dysentery, Rheumatism, multiple fractures, malaria, possibly tuberculosis, Dental problem, Diabetes and urinary tract obstruction. Intermittently he experienced anxiety, depression and Insomnia. He was an Anxious, striving perfectionist, a compulsively controlled man.

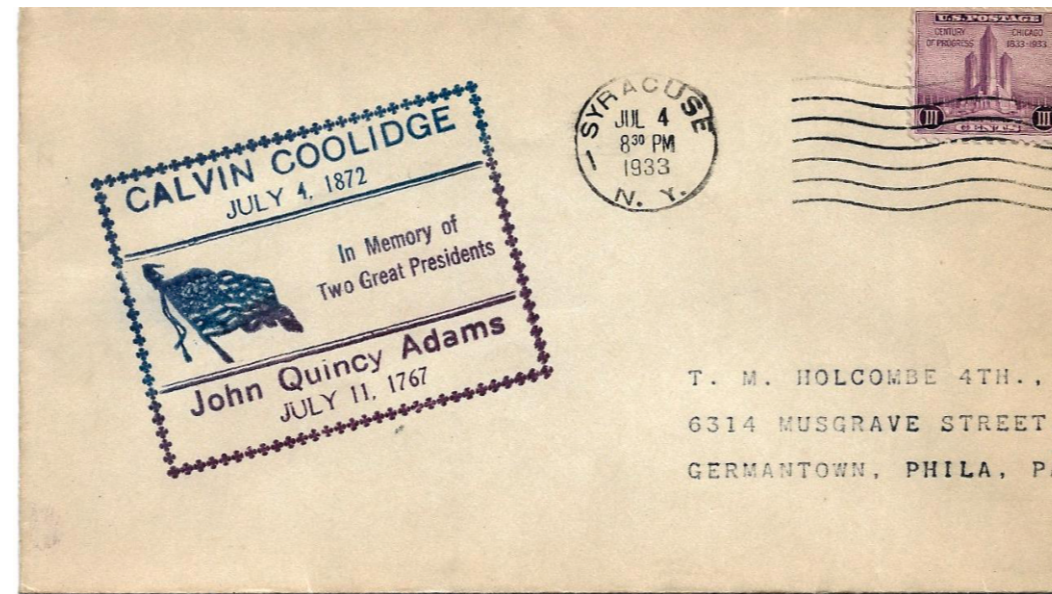
US President & MH

Several US presidents have grappled with mental health issues, including Jefferson Davis, Woodrow Wilson, John Adams, and Herbert Hoover.



Calvin Coolidge & John Quincy Adams. Joint Cachet in the memory of two Great Presidents. Country-Cancellation of NY, US. Date-4th July 1933 With US postage stamp of 3 cents.

Cachet used cover—Herbert Hoover-may 1932, Beautiful blue cancellation, Special mail dispatch by Good Year Airship. OHIO-USA



Herbert Hoover-1929-1933- was known for his reputation as "the great humanitarian" for his relief efforts in wartime Belgium and as a successful mining engineer. However, he also struggled with major depressive disorder during his lifetime.

John Quincy Adams-1825—1829
Aside from serving as the 6th president, Adams suffered from major depressive disorder.

Calvin Coolidge-1923-1929-exhibited severe symptoms of depression, including fatigue, guilt, loss of appetite, sleeping excessively. His condition led to angry outbursts towards his staff & family. Some writers speculate that depression may have contributed to his death four years after leaving office, but this theory remains speculative.

John Adams's & his house. Iceland, 1.1/2 D. Half Imperf, pair; 2 C



John Adams— John Adams as manic-depressive, a condition more recently called bipolar disorder. This is MH condition characterised by extreme mood swings that include emotional highs & lows.

*JF Kennedy family picture, Pilipinas
Jhon F Kennedy—family Picture. MS, Prize-10F*



Rosemary developed MI as a teen and underwent a lobotomy at 23, which went wrong and left her incapacitated. Her brother, JFK, was deeply affected by her suffering and dedicated his career to improving the treatment and understanding of MI, bringing changes in laws and treatment. JFK in a family picture.



Jefferson Davis (1862-1865) alcoholic & depression, Jefferson Memorial - US

Theodore Roosevelt—6c, US.



Theodore Roosevelt (1901-1909) battled severe depression early in his political career.

Woodrow Wilson Mint stamp, \$1, plate with serial no on top



Woodrow Wilson's suffered hypertension, strokes, blindness in his left eye & paralysis of his left side, which he kept secret. His condition eventually led to the creation of the 25th Amendment, which outlines presidential succession in case of disability. Wilson also had documented MH issues.

Holocaust

The Holocaust was a genocide that occurred during World War II and resulted in the systematic murder of approximately six million European Jews and other minority groups by Nazi Germany & its collaborators. This atrocity was one of the most brutal and inhumane events in modern history, with millions of innocent people being subjected to horrific acts of violence, torture, & murder. It demonstrated the depths of human cruelty and the dangers of racism, bigotry, & prejudice. The Holocaust serves as a powerful symbol of the dangers of totalitarianism, fascism, and the abuse of power, reminding us of the constant need to remain vigilant against the forces of hatred and...

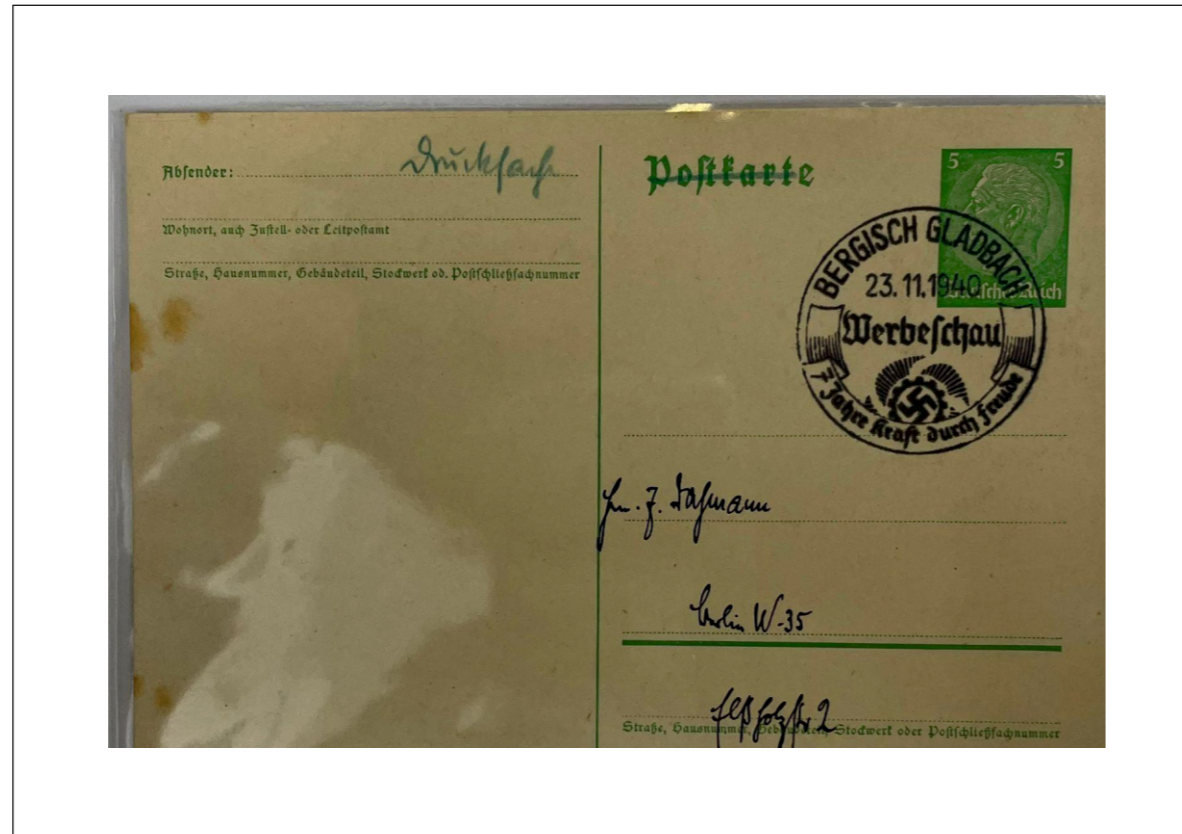
... oppression. The extermination of six million Jews and the destruction of Jewish communities, synagogues, and cultural institutions had a profound impact on Jewish history and identity. It led to the displacement and migration of millions of Jews, shaping Jewish identity and consciousness to this day. The Holocaust serves as a reminder of the dangers of prejudice, totalitarianism, and the abuse of power, even in modern democratic societies. It represents one of the darkest moments in human history and serves as a powerful symbol of the importance of remaining vigilant against the forces of hatred and oppression.

International Holocaust Day stamp, Israel past & future in our hand 27/1/2010

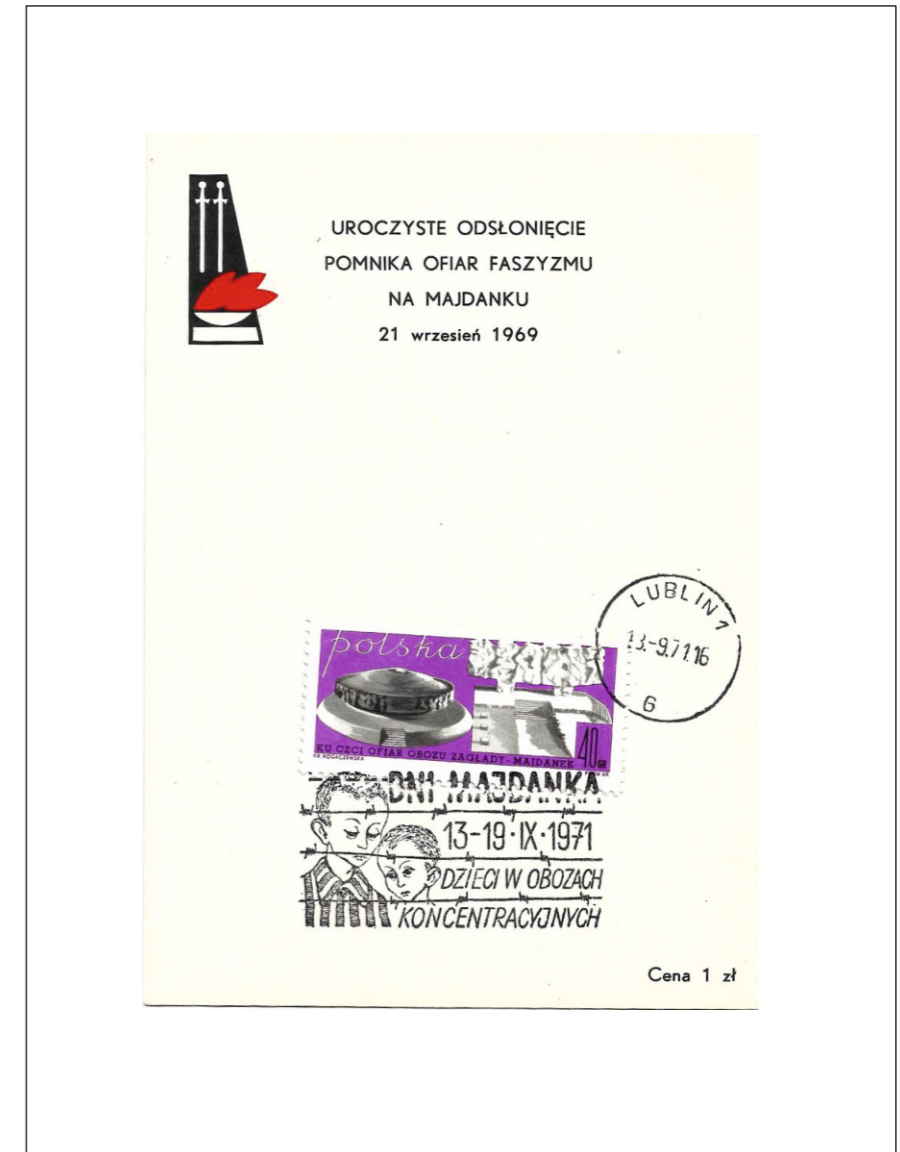


Holocaust Day-- memorial genocide day which Nazi Germany systematically murdered millions of Jews, Romani, disabled, mentally sick homosexuals & others. 27th day is marked by memorial ceremonies, to honour the victims of the Holocaust also reflect learn lessons prevent such happening again in the future.

Germany Cancellation of Glabach Bergisch -23/11/1940 werbeschav berlin w3.5 postal stationary postcard with imprint stamp. With German symbol of Swastika. Cancellation -1940



Monument to the victims of Fascism- 21 sep.1969. Lublin Cancellation . Children in concertation camp. Resources—from National Library of medicine National Center for Biotechnology information <https://pubmed.ncbi.nlm.nih.gov/12817666/>



WW -Mesopotamia, East Africa India MS stamps Issued year - 2019



India's in World War, Major Battle Theatres Many countries has participated in world War India was one of them.

Individuals. Out of that Between 180,000 were only psychiatric patients killed by Nazi Germany. This paper opens with a brief discussion of the reasons for addressing this issue today; it is followed by the details of the so-called euthanasia program that entailed killing of patients by gas in special hospitals in the years 1939-1941, and in psychiatric hospitals in the years 1942-1945. In this latter period, patients were killed with lethal injections and through the introduction of a starvation diet. The fate of the Jewish patients and forced laborers, as well as the experiments conducted on the patients, are mentioned. Finally, some thoughts are presented to answer the question of why this could have happened. To me, the giving up of individual responsibility in an authoritarian system leads to the loss of the individual conscience and soul, including those of a psychiatrist.