

Timestamp	How old are you?	Where are you from? Where are you living now?	What is your race/ethnicity?	Which gender do you identify with?	What is your socioeconomic status?	What is your sexual orientation?	Have you personally struggled with mental health before the COVID-19 Pandemic?	Have you struggled with mental health more or less since the beginning of the COVID-19 Pandemic?	Have you thought about suicide before the COVID-19 Pandemic?	Have you thought about suicide since the beginning of the COVID-19 Pandemic? More, Less, or not at all?	Do you believe there is a stigma around asking for help when struggling with mental health?	When struggling with mental health, what are your modes of reaching out for help? Do you text a friend/family member/etc?	Have you lost someone close to you to suicide? Since or during the COVID-19 Pandemic?	What barriers do you think would prevent you/others from reaching out for help if struggling with mental health?	What would you say to someone struggling with mental health to help them?	What would you say to someone contemplating suicide to help them?	What has helped you during your mental health struggles?	What brings you joy?
3/31/2021 21:39:28	57	From CA. Now NJ.	Caucasian	Female	Middle class	Straight	No	No	No	No	Yes	N/A	Yes	Judgement	Talk to someone, friend, relative, professional	To get help, talk to a friend, family member, professional, me. I'll be right over etc.	N/A	
3/31/2021 21:41:47	21	Brick	Caucasian	Female	Middle class	Heterosexual	Yes	Yes	No	No	No	Therapy	No	Resources	Talk to me	Please don't there's so much more to live for	My support system	My friends
3/31/2021 21:42:01	21	Brick, brick	Caucasian	Female	Middle class	Straight heterosexual	Yes	Yes	No	No	Yes	Yes text a friend or family member	No	Stigma or health insurance coverage	Don't be afraid to ask for help and practice self care		Hobbies, friends, pets, having something to look forward to	Family friends and being outside
3/31/2021 21:45:49	22	Brick	Caucasian	Female	Lower middle class	Heterosexual	Yes	Yes	No	No	No	Text friends	Yes right before pandemic	Feeling as if they were bothering someone/ not close enough to them	I would recommend therapy but if not always have someone you can confide in and spend time with people who make u feel safe	Life always gets better	Hearing others talk about similar issues they suffered with & surrounding myself with great people	My friends & being able to travel
3/31/2021 21:49:02	48	NJ/NJ	Caucasian	Female	Upper middle class	Hmmm	Yes	Less	Yes	No	Yes	I deal with it alone	Ues	Marriage	You are not alone	You are not alone...what can I do	Therapist and medication	My kids, my pup, sunshine
3/31/2021 21:59:14	22	Brick Township	Caucasian	Woman	Middle class	Straight	No	Yes	No	No	Yes	Talking to friends and family	No	The social stigma around mental health and the costs to get professional help	I would allow them to vent and give them my full attention at all times, most people just want someone to hear and listen to them	Professional help, or a mental health rehab	Acknowledging feelings and venting instead of holding emotions in	My pets!
3/31/2021 22:00:19	42	North Haledon, Point Pleasant	Caucasian	Male	Hard working	Love women	No	No	No	No	No	Always look around at my situation vs others and realize that it could be a hell of a lot worse	Yes but not during Covid	I think people struggle with acceptance and feel that others will think they are weak for expressing problems. If everyone just accepted people for who and what they are we wouldn't have to worry about mental illness as much. But because people are scared to admit a moment of "weakness" and it's not accepted in our society to need help we will continue to have these issues.	Let's do this together	Stay with me I need you	Love	Love
3/31/2021 22:01:43	31	I'm from California, living in atlanta now	Asian	Male	Around middle class	Heterosexual	Yes	No	No	No	Yes	I tend to talk with friends and my older sister	No	Feeling guilty of bothering someone for help	To try and talk to a professional counselor or therapist	That it's going to be ok and get better eventually	Being there and making me laugh and playing music	Music, tv shows, cartoons, video games, food, friends, activities
3/31/2021 22:24:07	27	New Jersey	Caucasian	Male	Lower middle class	Bisexual	Yes	Yes	No	No	Yes	Push my feelings down and ignore it hope it goes away	Yes	Being denied certain opportunities because of mental health	Unsure	Unsure	My friends	Video games
3/31/2021 22:25:57	64	Texas	Caucasian	Female	Retired	Heterosexual	No	No	No	No	Yes	Talk with friends and family	No	Money and lack of facilities	Let's try to find some help.	Depends on the person	Friend	Family
3/31/2021 22:48:52	56	New Jersey.	Caucasian	Female	Middle class	Heterosexual	Yes	Yes	Yes	Yes	Yes	Who do I talk to	Yes	Therapy.	There is hope. Don't give up	There is hope. The sun will shine again.	Family and friends	Family and friends
3/31/2021 23:00:43	47	Brick, NJ	Caucasian	Female	Unemployed	Straight	No	No	No	No	Yes	Call or text a friend, take a walk outside	No	Fear of being viewed as weak	I'm here for you anytime you need to cry, yell or talk. I'm a good listener	I'm here for you, Day or night. You are not alone, you are loved more than you know	Friends being there for me. Fresh air, walks on the beach	Family, friends, my animals
3/31/2021 23:01:07	21	Texas/NY	Caucasian	Male	Lower middle	Straight/Pan	Yes	No	Yes	Less	Yes	This feels like it should be two different questions, but mostly phone calls with friends	Yes/no (maybe separate these questions)	Typical stigmas	Talk to a therapist for help, and a doctor to be prescribed medication.		Zolof	
3/31/2021 23:02:16	22	From Lynchburg Virginia live in Jackson nj	Caucasian	M	Lower middle class	Straight	Yes	No	No	No	Yes	Text everyone what's bothering me	No	Stigma	Direct them to a therapist or counselor or hear out their issues	First. Don't I. Second call the police	Good friends and basketball	Everything now
3/31/2021 23:20:18	21	New Jersey, New Jersey	Caucasian	Female	High- Middle clad	Heterosexual	Yes	No	No	No	No	Calling my parents, talking with friends	No	Not knowing where to go, what steps to take	You are loved. Rainbows appear at the end of every storm. In the midst of your darkest moments there will always be light when they pass, just hang on long enough to allow them to pass. Believe in yourself and believe that you are loved by so many so dearly	You are loved. Rainbows appear at the end of every storm. In the midst of your darkest moments there will always be light when they pass, just hang on long enough to allow them to pass. Believe in yourself and believe that you are loved by so many so dearly	Finding outlets	Sounds of nature, animals
3/31/2021 23:21:33	30	NJ	Caucasian	Male	Middle class	Straight	No	No	No	No	Yes	Therapist	No	Judgement from family and friends	Reach out, don't do anything you can't undo	Talk with them and find out what they need	N/A	Being with others and enjoying nature
3/31/2021 23:26:37	46	Massachusetts New Jersey	Caucasian	Female	Middle class	Straight	Yes	Yes	No	No	Yes	Yes	No	Ego embarrassment	I care and I want to be here for you.	I would as them to confide in me and talk through it. If I felt they had a plan to harm themselves after the talk, I would try to get them help.	Exercise, manifestations and a good night sleep	My family and friends
3/31/2021 23:29:45	22	From Westchester, NY; living in Brooklyn, NY	Caucasian	Female	middle-class	bisexual	Yes	Yes	No	No	Yes	typically text a friend, or journal, or attempt to distract self	before COVID-19	medical insurance (or lack thereof), difficulty in finding the right therapist, judgment from parents	that this is only temporary and that they will overcome		music, reading, writing, friendship, family	
4/1/2021 0:18:30	22	Pennsylvania & Pennsylvania	Caucasian	Female	middle class	Lesbian	Yes	More	Yes	No	Yes	Depends on the situation, most likely not	Yes	Fear, not wanting to be a burden	Just being there to listen, reassurance	Just listen, trying to get them to out of their head	Friends, family, passion projects	Love, a nice spring after a long winter, dogs, etc
4/1/2021 1:40:20	50	Taiwan	Caucasian	male	lower	straight	Yes	same	Yes	No	No	drink beer	yes	shame	no idea	don't do it	beer	
4/1/2021 1:49:13	57	Illinois/Texas	Caucasian	Female	150000	Heterosexual	No	No	No	No	No	Friends and family	Yes	Embarrassment	Things are constantly changing. Never believe the way you feel now will be the way you feel always.	Don't take a permanent solution to a temporary problem	Always believing things will get better	Almost everything. There is joy to be found in almost every thing
4/1/2021 2:21:13	21	I'm from Buffalo New York, and I'm currently only a little bit away in Rochester New York	Caucasian	Female	Lower Middle Class	Straight	Yes	Definitely more	Yes	Yes	Yes	Luckily I have parents and friends that are aware that I struggle. Probably don't reach out to parents unless Im doing very-very poorly bc sometimes they just feel guilty about it. A short text to friends first that I don't feel my best, and they'll come over and watch movies with me and it's incredibly helpful.	All only before COVID thankfully. A few family members, and unfortunately a lot of the older siblings of my childhood friends (a lot of funerals as a kid, it was awful	Sometimes I've noticed the adults in my life take it as blaming them? Like my poor mental health is a reflection of their inadequacies as a parent. Sometimes they can be a piece of the problem- but I'm just very prone to it my mental health isn't their fault! And then both parties just feel horribly guilty bc I feel like I ruin everything bc Im this way and I'm just this very big difficulty that no one asked for, and they feel like they've failed me and have some awful personal fault that makes me like this. Neither of these is actually the case, but it's usually just an unhappy topic that makes people feel bad or guilty when discussed in my experience at least.	There's nothing "wrong with you". Its like being physically sick. You don't beat yourself up whenever you get a cold right? And just like being physically sick, theres healing and an end to this too.	You have value as a person, and worth, and you deserve good things. You gotta stick around so you can see for yourself because its all gonna be okay	"escapism" aha but less in the lay in bed all day rotating the same 3 disney movies that have brought me comfort since I was 8 way, and more in the I dress up and wear my homecoming dresses on a Wednesday while doing the dishes type of way. Also always friends. I'll always end up okay if I keep surrounding myself with people who make me feel loved and valued.	Many many things! I really have to hyper aware of this most of the time so gosh my itty bitty sisters, doing bad crafts with non-art friends, the little cloud gif on snapchat, these ceramic birds I have from various old ladies, crispy lettuce in a salad, grocery shopping with someone for snacks, getting packages from my friends grandmas, car rides at night, when its one of the first warm days in a while and you notice everyone's outside, I could genuinely go on forever. Theres a lot of good stuff
4/1/2021 2:50:00	52	Brick NJ	Caucasian	Femal	Middle class	Hetero	No	No	No	No	Yes	No	No	Peer pressure	I care and I'm	I am	N/a	Life
4/1/2021 5:29:19	22	NJ, AZ	Caucasian	Female	Middle	Straight	No	No	No	No	Yes	Friend	No	Being judged	Let them know I'm here for them		Good support systems thankfully	Traveling, being outdoors
4/1/2021 6:14:29	22	NJ	Caucasian	Male	Lower middle class	Straight	Yes	More	Yes	Yes	Yes	I rely on my mother. I let her know what's up and we work through it together or I make her aware of what's going on and I work through it alone.	No	Self confidence and fear of the virus	You're not alone and it gets better	Taking yourself away from your friends and family will make their lives worse and they need you	Marijuana	Film music and retail therapy
4/1/2021 6:42:44	54	Edgewater NJ, now in Brick NJ	Caucasian	Female	Lucky it's good.	I a girl I like guys.	Moved parents in.	No	No	No	No	Phone a feiend	No	When under 18 not one shrink in 3 states would	If you're that low you can only go up from here.	Maybe more of what you do. Just busy their minds and	Getting that addition done and moving parents into it.	My family, work and being outdoors
4/1/2021 6:57:52	49	NJ	Caucasian	Female	Upper middle	Lesbian	No	No	No	No	Yes	Talk with friends	No	Stigma attached to lack of understanding	Encourage them to seek help, possible do some research on where to get that help for them to make it easier for the them	I don't really know;; which is the larger problem with this issue. I would try to listen and encourage we find them help together.	Talking to friends	Setting goals and accomplishing them whether it be to cross off my to do list or milestones in my career.
4/1/2021 9:12:09	23	New Jersey, current	Caucasian	Male	Middle class	Straight	No	Yes	No	No	Yes	I don't message anyone	No	Social stigma	Go see a professional	Go see a professional, but we can access you one	Finding things to do	Family, friends, outdoors
4/1/2021 10:00:44	22	Los Angeles	Caucasian	Male	Dependent	Straight	Yes	Yes	Yes	More	Yes	Therapy, Friends	Before COV-19	no response from others	you can do it	I'm not a professional, but we can access you one	Xanax	Social Engagement
4/1/2021 10:06:46	21.5	From Bergen County, NJ and living there again	Asian	Female	Middle class	Straight	Yes	Yes	No	No	Yes	Text friends, write about it, take some time for reading/exercise	No	Fear of being judged, navigating the obstacles course of mental health care, and feeling like it's hopeless.	I'm here to listen and if you'd rather not speak sometimes it's okay.	Remind them of what an amazing person they are, our best shared memories, and tell them of other fun things we've planned.	Crocheting, weekends, tv shows, non class related projects.	Tapas, desserts, dreams
4/1/2021 11:46:31	58	Brick, NJ	Caucasian	Female	Middle class	Straight	Yes	No	No	No	No	Sister	No	Scared people would judge them	Get help, let them know I was there to help	Don't do it, you may not be able to see it now, but this will pass.	Walking with my dog and friends	My dog!
4/1/2021 12:15:14	23	South Jersey, now Philadelphia	Caucasian	Female	Middle upper class	Straight	Yes	Yes	Yes	Yes	Yes	I see my psychiatrist	No	Shame and feeling like a burden	I'm not quite sure, actually. Listening, probably		Walking	Art and painting, of course :)
4/1/2021 12:46:52	21	Brick, brick	Caucasian	Female	Middle class	Straight heterosexual	Yes	Yes	No	No	Yes	Yes text a friend or family member	No	Stigma or health insurance coverage	Don't be afraid to ask for help and practice self care		Hobbies, friends, pets, having something to look forward to	Family friends and being outside
4/1/2021 15:01:56	39	Fresno CA	Caucasian	Male	Middle Class	Straight	No	Yes	No	Yes	Yes	Texting or Calling	Yes	Own struggles	You are worth it	It's not worth it. I love you	Friends and music	My kids, music and sports
4/1/2021 16:00:11	23	China, CA	Asian	Male	Student	Heterosexual	Yes	Yes	Yes	Less	Yes	Talk to a friend	No	Lack the will to get better	Go seek professional help		Someone to talk to	I don't know
4/1/2021 16:05:59	21	From Long Island, living in bushwick	Caucasian	Male	Raised working class	Gay	Yes	Yes	No	No	Yes	Talking to my significant other	No	Fear of being labeled or seen as lesser, fear of being institutionalized	Depends what they're going through, but everyone has struggles	It can only get better from here.	Schitt's Creek, a show on Netflix	Loving and being loved
4/1/2021 17:22:44	18	Long Branch	Black or African American	Male	Working class	Bisexual	Yes	Yes	Yes	No	Yes	Text a friend	No	I feel that pride gets in the way of people asking for help	Depends on what their problem is	Tell them all the things they have to live for	Medicine	Distractions
4/1/2021 17:56:58	29	Manasquan, NJ - Manasquan, NJ	Caucasian	Female	I grew up upper-middle, now I feel more like working class even though some may consider my professional. I'm technically considered white collar.	Straight	Yes	Less	Yes	Not at all	Yes	I work with a trained professional and know better than to trust the advice of someone who doesn't know what they're talking about.	Yes	If my current professional is struggling with their own dependency or mental health issues.	I would tell them to find the right therapist and treatment for them, provide them with resources for the best virtual and group therapies if they were open about their issues, tell them about some of my experiences, and also make sure they don't rule out holistic help or prescription medicine until they've tried it.	Even though I know many people who have taken their own life and struggled with depression my whole life I would make sure NOT to say that "I understand" because I'm not them and am not going through the extreme struggle they are going through. It's a tough situation. I've had a guy friend tell me he had suicidal thoughts and I made him promise me to followup with the therapist he already reached out to, to get prescription medicine, and to text me with updates when he started meeting with someone. I know that he's currently here working on USA and it was much more difficult for him to get the mental health help he needed covered by insurance since he wasn't a US citizen. I would give them empathy and just listen to what they had to say and make sure they contacted support and let them know I was there for them but that they need help and that the way they are feeling is just temporary even though it feels permanent.	Yoga - talk therapy - exercise - antidepressants - journaling - being social - mindfulness - DBT - CBT - EMDR - sleep medicine - being off social media - minimizing screen time - forcing myself to do the things I used to love - talking openly to a friend without bummering them out - getting a pet - doing nice things for myself (manicures, massages, treating myself) - listening to motivational people - reading more about my illness - talking to people with worse illnesses and scenarios - seeking myself better coping mechanisms - digging deeper into my triggers and learning how to avoid them - refraining from alcohol - not hanging out with people dependent off of substances - surrounding myself with goal oriented people - finding a stronger inner voice - not repressing emotions - being less judgemental towards myself and others - imagining my future in a more openminded ways, less black and white, less narrow thinking - SLEEP - WATER - and so much more. It's a constant effort and full time job to stay well when you really have struggled with illness.	Learning new things, meeting new people, playing with dogs, my favorite scents, being cozy, cuddling, good food and drinks, remembering childhood memories, thinking of funny things, watching improv comedy, unfortunately buying cute clothing, good design, intelligent theories, surprises, chocolate, coffee, dancing, cute boys and jokes about vegans (sorry ally)
4/1/2021 17:59:54	28	East Brunswick / Asbury Park	Caucasian	Male	Upper Middle Class, White, Bachelor's Degree	Straight	Yes	Yes	Yes	Yes	Yes	Call friends, family, food	Yes	Stigma, access to help, income level and education	You're not alone	You can always call me.	Food, friends, infotainment	Good company, music, beach, learning, love

Timestamp	How old are you?	Where are you from? Where are you living now?	What is your race/ethnicity?	Which gender do you identify with?	What is your socioeconomic status?	What is your sexual orientation?	Have you personally struggled with mental health before the COVID-19 Pandemic?	Have you struggled with mental health more or less since the beginning of the COVID-19 Pandemic?	Have you thought about suicide before the COVID-19 Pandemic?	Have you thought about suicide since the beginning of the COVID-19 Pandemic? More, Less, or not at all?	Do you believe there is a stigma around asking for help when struggling with mental health?	When struggling with mental health, what are your modes of reaching out for help? Do you text a friend/family member/etc?	Have you lost someone close to you to suicide? Since or during the COVID-19 Pandemic?	What barriers do you think would prevent you/others from reaching out for help if struggling with mental health?	What would you say to someone struggling with mental health to help them?	What would you say to someone contemplating suicide to help them?	What has helped you during your mental health struggles?	What brings you joy?
4/1/2021 18:04:26	21	Brick, brick	Caucasian	Female	Middle class	Straight heterosexual	Yes	Yes	No	No	Yes	Yes text a friend or family member	No	Stigma or health insurance coverage	Don't be afraid to ask for help and practice self care forward to		Hobbies, friends , pets, having something to look forward to	Family friends and being outside
4/5/2021 9:35:52	28	East Brunswick, Asbury Park NJ	Caucasian	Male	Middle class	Strizzy	Yes	Yes	No	No	Yes	Text a friend	No	The negative connotation	Your friends love you and can always help	Things can always go up. Things seem dire right now but it won't always be that way	facetimeing friends and family going outdoors	sports
4/5/2021 10:53:04	56	Berkeley Hts. NJ, Stirling NJ	Caucasian	female	middle class	straight	No	No	No	No	No	make a call to a friend or family..	no - I believe that I know someone who was murdered	is they are ashamed..	I am here for you	I would call them see them make sure they know they are not alone or being there to you Direct	family and friends	music, family , friends, dog
4/5/2021 12:01:40	26	India, New York	Asian	Female	Middleclass	Bisexual	No	More	No	Yes	Yes	Call a close friend.	No	How it'll upset and worry my parents	I'm here for you should you need it, and I also want you to know that seeking professional help is a wonderful thing	You matter, you are loved and you make a difference	Watching stand-up comedy. To laugh takes my mind off things.	Cooking.
4/5/2021 12:30:02	46	Boston / NYC	Mixed European Ancestry	Male	Precarious / Upper middle class	More or less straight	No	N/A	Yes	No	Yes	Call friends, talk to spouse, journal	Yes, sort of--it was slow motion. Before pandemic.	Embarrassment / Perceived weakness of reach for people	I'd suggest therapy - though it is often financially out of reach for people	I'd probably just go to them if they were someone I was close with. Spend time with them and ultimately suggest therapy. Getting someone through an acute moment of despair and dealing with long term underlying conditions that are driving that despair are different things. Distinguishing between internal and external pressures is difficult	therapy, fixing diet, exercise, taking a break from drugs and alcohol, making more money	Making things. Eating. Spending time with my kids (though not this year, holy shit. Pandemic parenting is the WORST)
4/5/2021 12:39:51	26	From NJ, living in Boston.	Caucasian	Male	I don't know, please provide some examples.	Gay	Yes	Less	Yes	No	Yes	I don't necessarily "struggle" with mental health. I know when I'm feeling low and reach out to friends who I know will be there to support me. I also know how to deescalate my thoughts and feelings with rationalization and contextual awareness, essentially a therapy session with myself. It works better as I get older.	Lost a close friend to suicide in high school.	The normalization that everyone is "good" and "well" in school, workplace, etc. It is considered unprofessional to be honest when asked "How are you?" casually in person or in a meeting. I think people should stop asking these questions if they do not truly want an honest response, and I have more or less started ignoring people who ask such stupid questions with no intention of wanting an honest response.	Absolutely get help and let people who you truly trust know what you're going through. Keeping everything inside at moments when you're not sure if you can handle your own thoughts is dangerous and only hurts you further. Also start learning how to understand your thoughts, emotions, etc better as a form of self-awareness. We, as mentally ill people, are sometimes victims of ourselves, and therefore also active perpetrators in our own downfall if we continue to do nothing about our illness. We need to understand that our actions, even if results of an illness, can hurt others and ourselves, and letting this go on unchecked can result in others feeling emotionally or mentally abused by our behavior.	You suffer from a mental illness. The way you are feeling is due to a chemical imbalance in your brain that CAN be changed either medically or naturally with new routines. You won't always feel good, happy, or what others deem as "normal". However, it's okay to feel down and sad sometimes. Maybe you're an introvert, perhaps you suffer from social anxiety or a life event is triggering a bout of depression. Understanding why you feel the way you do gives you power over your illness and a bit of control. This allows you to navigate your depression in a way that you could never imagine prior, and if you have suicidal thoughts again, you'll more quickly understand what is causing that feeling and how to self-heal or reach out for help.	Taking deep breathes, listening to my favorite music, taking time to be alone and slow down, going outside on walks, maybe eating comfort food, making art, etc. Doing things that remind me of my own talents and skills, things that make me feel valued and loved, things that remind me of peace and optimistic possibilities. Reminding myself that there is so much to look forward to in life despite my current feelings and thoughts.	Music, art, photography, books, architecture & design, travel, food, plants, exercise, doing what I love (even if I don't always have time). It's incredibly important to have a sense of self and identify pathways to navigate back to your core and what makes you feel authentic and true to yourself.
4/5/2021 13:46:39	21	Knoxville Tn moved back to Knoxville because of the pandemic	Caucasian	Cisgender woman	Middle class	Queer	Yes	Up and down. Been on medica	Yes	Less	Yes	Go to my therapist or do art	No I have not	Stigma, embarrassment, lack of resources	It's difficult now but it is temporary. It doesn't seem like it. Just live through today	You have someone to talk to. You are not alone.	My art. Medication. Journaling	Creativity. My pets
4/5/2021 14:10:00	38	Iowa	Caucasian	Female	According to money.usenews.	Heterosexual	Yes	More	Yes	No	Yes	communication with my partner as well as	No	Stigma	That it's not their fault and they deserve support and	I would ask them if they have thought about how they	Therapy, family, SLEEP	
4/5/2021 15:55:44	19	California	Asian	Female	Middle class	Cisgender	Yes	Less	Yes	No	Yes	Text a friend	No	That they don't care	I would help them figure out what is causing them to feel stuck and help encourage them to find something enjoyable	Trying new things and getting out of my comfort zone	Gaining new experiences, and bettering myself and inspiring those around me	
4/5/2021 18:24:28	21	Malaysia, went to Pratt Institute, back in Malaysia now	Asian	Female	Upper middle class in Malaysia.	Demisexual bi	Yes	Less	No	No	Yes	I text that one friend sometimes. Normally I just try to figure it out on my own by talking to myself until it goes away. Like recording a video diary log. Or eating a lot.	Not sure if it was an overdose or suicidal	That I would be burdensome. Or be like that friend who always says something negative.	I'm here to accept all your word-vomit. Talk to me whenever you need to vent.		Food. I guess I was binge eating at one point, but it was at a time I did not have body image issues, and the food was the only thing I looked forward to in the day.	Traveling, ice deserts, good food and music
4/5/2021 19:45:26	35	Brooklyn	American Indian or Alaska Native	Male	Middle	Opposite	No	Less	No	No	Yes	Let time pass	Not sure if it was an overdose or suicidal	Finding the right therapists is equivalent to the many strains of bud. We are not natural botanist and it can get pretty complicated.	Keep yourself busy	I had two friends die from suicide. If I can go back in time I still wouldn't know what to say.	Keeping busy.	Work life balance
4/5/2021 20:35:24	22	From and living in Boston	Caucasian	Female	Middle Class	Heterosexual	Yes	More	No	No	Yes	Call a friend or sibling	No	Looking weak or looking like an attention seeker get them healthy	Be there to listen and help them find the resources to get them healthy	Be there to listen and help them find the resources to get them healthy	Having a getaway with my friends	Long walks on a sunny day :)
4/5/2021 22:29:24	22	Beijing; Brooklyn	Asian	Female	Middle class	Heterosexual	Yes	Less	Yes	No	Yes	Could only almost completely open up to	N/A	Insecurity of others knowing who I "really am"	Something like:	Family's unconditional love and memories of old times	It's really about our heart! It is so	
4/5/2021 22:55:08	21	Nj, Nj	Caucasian	female	middle class	bisexual	Yes	More	Yes	Yes	Yes	Text friends/therapist.	No	More accessible mental health care	Offer them support and direct them towards any resources I knew of.		Friends, hobbies, therapy.	
4/6/2021 8:17:42	35	Brooklyn	American Indian or Alaska Native	Male	Middle	Opposite	No	Less	No	No	Yes	Let time pass	Not sure if it was an overdose or suicidal	Finding the right therapists is equivalent to the many strains of bud. We are not natural botanist and it can get pretty complicated.	Keep yourself busy	I had two friends die from suicide. If I can go back in time I still wouldn't know what to say.	Keeping busy.	Work life balance
4/6/2021 9:12:19	22	Turkey, Nyc	Middle eastern.	Female	Good	Straight	No	More	No	More	N/A	Friends, family, distractions like shows etc	No	Money, thinking you're too good for that	We're not that important	Ask how if/how I could help	Coming to realize I can't control anything	Being with people
4/6/2021 13:44:38	35	Brooklyn	American Indian or Alaska Native	Male	Middle	Opposite	No	Less	No	No	Yes	Let time pass	Not sure if it was an overdose or suicidal	Finding the right therapists is equivalent to the many strains of bud. We are not natural botanist and it can get pretty complicated.	Keep yourself busy	I had two friends die from suicide. If I can go back in time I still wouldn't know what to say.	Keeping busy.	Work life balance
4/6/2021 14:48:58	22	New Jersey/Brooklyn	Caucasian	cis female	middle	heterosexual	No	More	No	No	Yes	reach out to family or friend and talk out my feelings. went to therapy a couple times when I felt like that wasn't working.	No	judgement and finances	Know that they are supported and heard. Be there in any way I can and support their decision to get help if they're comfortable with that. Create a safe space	Remind them of the love around them and all of their favorite things about life. Suggest different sources where they can find professional help.	Friends and family supporting me	The people in my life and appreciating the small things I admire in the world every day- a friendly smile from a stranger, the way the sun shines on the leaves, watching friends laugh in the park
4/6/2021 15:29:42	22	Freehold, NJ - same	Asian	Male	Upper-middle	Straight	Yes	N/A	No	No	Yes	Ft with girlfriend across the country or old high school friend	No	Mostly societal stigma on the subject, but learning to do away with it as we become more comfortable with mental health issues being valid	It does get better (cliche I know)	Remind them that they're not alone and listen to them if they want to talk	Helped start a youth council in NJ called the Society for the Prevention of Teen Suicide (SPTS) about 5 years ago	Knowing that I changed someone's life in any (positive) way
4/6/2021 20:55:50	35	Brooklyn	American Indian or Alaska Native	Male	Middle	Opposite	No	Less	No	No	Yes	Let time pass	Not sure if it was an overdose or suicidal	Finding the right therapists is equivalent to the many strains of bud. We are not natural botanist and it can get pretty complicated.	Keep yourself busy	I had two friends die from suicide. If I can go back in time I still wouldn't know what to say.	Keeping busy.	Work life balance
4/7/2021 8:36:19	21	From Pittsburgh. Living now in Brooklyn	Asian	Female	My family is upper class, but me individually? Probably lower/middle class bc I'm educated but still can't support myself independent of my family	75%straight 25% curious/unknown?	Yes	More	Yes	Less	Yes	Text a friend, text my therapist, journal	Yes, but pre-COVID	People's availability/ability to empathize with friends, families, strangers; not judging them when they do reach out and trying	Please tell someone, acknowledge that you're struggling. Saying it out loud and not just in your head helps to take all the pressure off of you individually. It doesn't make you any less "perfect" of a human to ask for help when help is needed. I love you	There's someone who can help you. You're not alone, you will find that person who really cares/pays attention. It will always be a constant struggle, your problems don't go away completely, but you can learn to silence them. The world loves you, I love you and we can get through this together.	Therapy, medication, journaling, running	My friends (the close ones who choose to love me aren't there just bc of proximity), my family, tv shows, books, podcasts, running, being outdoors, traveling, cooking a delicious meal, taking time for myself when it's needed
4/7/2021 21:11:26	28	New York City. Still in NYC	Mixed - White and Hispanic	Male	Poor	Heterosexual	Maybe / Not Diagnosed	More	No	Yes	Yes	No	No	Price on Healthcare / It's both not easy to find someone to trust as well mixed with being able to afford it.	To reach out for help, or to try and point them in the right direction myself	Try to show them their self value, the important that they bring.	Nostalgia, But I do believe it comes with a bit of a negative side in making me live in the past.	Making / Creating Things (I'm a Graphic Designer / Video Editor)
4/9/2021 19:46:52	22	Nigeria and Texas // Now in Brooklyn New York	Black/African and Caucasian	Female (?)	Middle class	Queer	Yes	Less	No	No	Yes	I often do not reach out with direct requests. I usually find ways to get folks to help me without disclosing what is going on. Get them to support me indirectly.	no, I have not.	The difficulty of explaining what my mind and body are experiencing. Feeling too vulnerable which triggers my anxiety.	Start by listening, try to affirm them, take what they say and present it in a new light, validate their experience and feelings, maybe connect it to something I go through to relate to them (although its been advised that this is dismissive and not always ideal for some folks)	similar response to the previous message, although I can't even contemplate fully think through what this interaction would be like, if anything, let them know I love, care and value their presence on earth.	laughter, movement/dance w/ music, sleep honestly, sunshine is also a really huge tool in uplifting my mood	everything I mentioned above, expressing immense emotions over things I love (comics, fictional characters)
4/14/2021 11:45:46	27	France/US living in US	Caucasian	Female	upper mid	hetero	Yes	N/A	Yes	No	Yes	text family, friends, text therapist, trying to do things I love, being outside	no	being so broken that you can't talk and don't want to bring someone down	that they are not alone	you are very important to someone. it will pass	self-help books, others sharing that they are having similar experiences	dogs, nature, sunshine
4/14/2021 12:04:29	21	New Jersey	Caucasian	Male	Middle class	Prefer not to answer	Yes	More	No	No	Yes	Friends	No	Income/Time	You're not alone	I am here	Friends	Friends
4/14/2021 13:29:53	21	New Jersey	Caucasian	Male	Middle class	-	No	More	No	No	Yes	Doctor	No	Stigma around particular diagnosis/disorders	See a psychiatrist to get the most help	Making sure not to overwork		
4/14/2021 13:55:10	22	New Jersey and I'm living in jersey but relocating to Brooklyn soon	Caucasian	Female	Middle Class	Queer	Yes	More	No	More	Yes	Text friends and talk to my parents and I also have a therapist.	Yes my brothers friend committed suicide last April at the beginning of the pandemic	Fear of being judged	I would tell them my experience and also just be there to listen but also help them find a therapist or other resources	That this a permanent decision for a temporary feeling	Having a therapist, taking meds, surrounding myself with people who love me and I love back	My cat and seeing friends :)
4/14/2021 16:11:24	21	Richmond, Va and Brooklyn, ny	Hispanic / Puerto Rican	Female	Upper Middle class	Straight	Yes	More	No	No	Yes	Talk to people around me	No	Unexpected feelings, feeling they have a good life and they should be happy	I would try to relate and listen and remind them about how quickly emotions change and how temporary they can be	That this is a very small portion of your life	My mom	Designing
4/14/2021 17:54:48	27	phoenix, az, mexico	latino	man	rich bitch	strB	Yes	Less	No	No	Yes	lay in bed and ignore everybody, no	no :(feeling alienated	show them all the love and potential for love in the world	there's too much beauty all around to ever contemplate such a thing, today's problems are tomorrow's past, every moment is a moment to start fresh all over again. change is good.	staying hopeful of the light at the end of the tunnel	plants animals the sky the wind shadows and light reflections water food drinks nature
4/14/2021 20:56:58	22	NY, CT	Caucasian	Male	Upper class	Heterosexual	No	More	No	No	Yes	Family member	No	"Man up" culture	Try to talk it through or try to help them find someone professional to talk to		Family, exercise	
4/14/2021 21:40:24	23	Brick, NJ, Lakewood, NJ	Caucasian	Female	Low	Bisexual	Yes	More	Yes	More	Yes	Text friends	No	Health insurance, busy schedule, feeling like you can't articulate your thoughts to someone else	I'm not sure.	You are loved and irreplaceable	Knowing people care, knowing I'm not alone	Spending time with people who love me
4/15/2021 10:11:49	23	Queens NY	Caucasian	Female	working-class	bisexual	Yes	More	No	No	Yes	text or face time a friend or other coping mechanisms like exercise or distract myself	no	I understand how you are feeling, you wont feel this way forever, what can we do to help you feel better right now.	I'd try to get their location and go be with them in person, or get them adequate supervision on the scene. I'd try to help them see that there are other better solutions to their problems and tell them im going to help them solve whatever the problem is	the presence of a real person, either physically or over the phone. And access to resources, so you feel you have more than one option for a solution/fix	a fresh cup of coffee or tea made by someone who cares	
4/15/2021 10:31:40	22	Manasquan, NJ	Caucasian	Male	Middle Class	Straight	Yes	More	No	No	Yes	Talk to my Mom.	Yes.	Availability, cost, and social stigma.	You're not alone.	I want to help. I want to be there to listen to your problems.	Talking, Therapy.	Music & Photography.
4/15/2021 13:16:32	21	I am from Oakland, CA, living in Brooklyn now	Caucasian	Female	middle class	straight	Yes	More	No	No	Yes	Therapy, friends, and my boyfriend	No	Lack of accessibility for mental health resources (SSS), not wanting to feel like a burden	You have more in common with people than you think, your struggles are valid	I think that would require a mental health professional	Therapy	Food!
4/16/2021 14:00:31	23	From: NJ living in: NJ	Caucasian	Male	Middle class	Straight	No	More	No	No	Yes	Friends/family	No.	The stigma that reaching out for mental health help means you're weak/crazy. Especially as a male.	Attempt to understand their problem, but don't solve it. They don't need pressure put on them, they need support.	Understand the issue, make a relation to your own struggles, explain why they're worth something to you and others.	Gym, Video games, sports. Knowing I have the support of others.	Exercise and spending time with friends.

Timestamp	How old are you?	Where are you from? Where are you living now?	What is your race/ethnicity?	Which gender do you identify with?	What is your socioeconomic status?	What is your sexual orientation?	Have you personally struggled with mental health before the COVID-19 Pandemic?	Have you struggled with mental health more or less since the beginning of the COVID-19 Pandemic?	Have you thought about suicide before the COVID-19 Pandemic?	Have you thought about suicide since the beginning of the COVID-19 Pandemic? More, Less, or not at all?	Do you believe there is a stigma around asking for help when struggling with mental health?	When struggling with mental health, what are your modes of reaching out for help? Do you text a friend/family member/etc?	Have you lost someone close to you to suicide? Since or during the COVID-19 Pandemic?	What barriers do you think would prevent you/others from reaching out for help if struggling with mental health?	What would you say to someone struggling with mental health to help them?	What would you say to someone contemplating suicide to help them?	What has helped you during your mental health struggles?	What brings you joy?	
4/16/2021 14:05:22	26	Norwalk, CT --> Houston, TX	Mixed	Genderqueer	Working class	Queer	Yes	Less	Yes	Less	Yes	Reach out to my friends	No	Judgement, being seen as weak.	You are strong, and can get through this.	You are loved. You belong here.	Joining group therapy which gave me a community to lean on. Individual therapy, and medication. Online support groups. Keeping in contact with friends.	Exploring new places, enjoying a good meal/dessert, watching a great movie, writing to my pen pals, practicing photography and finishing a painting/project.	
4/16/2021 14:11:06	22	New Jersey!!!	Caucasian	Female	Middle	Straight	Yes	More	No	Yes	Yes	Texting friends + family members. Therapy is expensive + feels like a chore sometimes	No	More affordable services!	No feeling, good nor bad, lasts forever	Some of the best days of your life havent even happened yet	Following inspirational instagram accounts. My feed is now full of happy quotes + motivation instead of models and influencers	Sunshine	
4/16/2021 14:12:31	22	New Jersey - Harrisburg PA	Puerto Rican	Female	Well off	Straight	No	N/A	No	No	Yes	Talking with a friend	No	Knowing who to call or what to do	To have them talk about it	Talk them through why it isn't a good idea	None	Friends	
4/16/2021 14:12:32	22	Bricktucky	Caucasian	Male	Middle class	Straight	No	N/A	No	No	No	N/A	No	People caring what others think	Stop caring about what other people think	I'll be your ears to listen whenever you need a friend	Not caring what others think	Waking up in the morning to live another day on this beautiful earth	
4/16/2021 14:13:50	23	Bradley Beach	Caucasian	Male	Middle Class	Straight	Yes	N/A	No	No	Yes	Go for a walk, talk to friends	Yes	The stigma that males can't be emotionally weak	I do too	Let's go for a walk	Bruce Springsteen	Music, walks, nature, riding my bike	
4/16/2021 14:18:11	19	India living in nyc	Asian	Female	Upper middle class	Bisexual	Yes	More	No	No	No	Therapist	No	Social stigmas - personal anxiety to admittance	They are not alone and their feelings are valid	Life is worth living	Calming myself speaking to someone	Food	
4/16/2021 14:19:38	22	From Brick NJ, Living in Kutztown, PA	Caucasian	Male	Middle Class	Heterosexual	No	N/A	No	No	No	Text a friend	Before the Pandemic	Embarrassment	Secret is safe with me. No one else has to know, we'll get through this	Explain to them that it is not worth it and all of the people around them will be impacted thinking they did something wrong. Suicide is never the answer, self love is important.	Hobby's	The beach	
4/16/2021 14:23:15	24	Brick, NJ	Caucasian	Male	Working Class	Straight	Yes	Less	No	No	Yes	Text a friend/ meditate	Yes	Being gaslit/convincing everything is fine	I'm here for you whatever capacity you need. If you start feeling worse please contact a professional.	I would call health services	Reading and meditation and working out	Writing songs	
4/16/2021 14:27:38	27	New Jersey. Maryland	Caucasian	Male	Lower middle class	Gay	Yes	Less	Yes	Less	Yes	Text friends / talk to friends in person	No	They are not alone, they are not broken, they are not less of a person for having mental health issues, and there are ways to feel better and to get help	Let's talk it out and go get help and I'll be there for you every step of the way.	The gym	Painting		
4/16/2021 14:27:52	23	New Jersey for both	Caucasian	Female	Middle class	Straight	Yes	More	No	No	Yes	I went to therapy	No	Financial issues	Time really does heal	Setting goals	Dogs		
4/16/2021 14:28:03	22	new jersey	Caucasian	female	middle class	heterosexual	Yes	More	No	No	Yes	friend	no	Judgement, communication issues, insecurity, feeling like a burden	ask how i could help	that i love them & they are safe with me	pets and exercise	my friends, my boyfriend, my cat, sunshine	
4/16/2021 14:29:36	26	New Mexico	Asian	Female	Unemployed	Bisexual	Yes	Less	Yes	Less	Yes	Texting, calling	No	Making therapy easier and more accessible	I'm here for you	I'm here for you	Medication and therapy	My daughter	
4/16/2021 14:29:49	19	CT	Black or African American	trans male	lower middle class	queer	Yes	More	Yes	Less	Yes	text S/O	No	cost	constant check in, therapy	I'm here, now is not forever.	therapy.	nature.	
4/16/2021 14:31:32	54	From:Ecuador S.A. Now: NY Long Island	Latino	Male	Lower lower almost gone middle class	Heterosexual	No	Worry more other family memb	No	No	No	No	No	Becoming a leopard	My Pastor	First step, baby step is done. You need to open up	I am not sure what to say.	Pray and dealing with life a day by day	ice cream
4/16/2021 14:32:33	20	Virginia, USA, Paris, France.	Caucasian	Male	Middle class	Straight	Yes	More	No	No	Yes	Contacting my therapist	No	Price	I care about them	I love you	My sister	The joy of others	
4/16/2021 14:32:41	23	Florida	Caucasian	Female	Working Class	Bisexual	Yes	More	Yes	Yes	Yes	Text a friend	No	Money	to get help if they can afford it, if not, just let them know i'm here for them.	I don't know	remembering the people who need me	alcohol	
4/16/2021 14:33:04	24	From California, living in Utah	Caucasian	Female	Middle class	Straight	Yes	More	Yes	Yes	Yes	Talk to my husband, reach out to my therapist for an appointment, talk to friends depending on the situation	Yes, long before the pandemic	Money (for therapy), embarrassment, denial	Similar to above. Would also remind them of the things they have to live for (family, friends, hobbies)	Medication, therapy, open communication with loved ones, community	My family -- parents, siblings, nieces and nephews, and especially my husband and unborn son.		
4/16/2021 14:34:22	22	Western NY	American Indian or Alaska Native	Male	College student	Hetero	Yes	More	No	No	Yes	text friend	No	being judged / made fun of / gaslit for asking for help	try to muster up the courage to ask for help, no matter how long it takes you. it's necessary to ask for help even if it's hard	we have our whole lives ahead of us, there's so many years to get back on track no matter how tough it is. life can turn around on a dime if you put in the work & have the courage to hang in there	Lexapro, exercising, seeing friends & family again	gaming, sports	
4/16/2021 14:35:15	36	From Indiana, live in California	Caucasian	Female	middle-class	bi	Yes	More	Yes	More	Yes	Post on Twitter, might talk to my husband, but primarily keep it to myself. Finally got a psychiatrist, though.	No	Stigma. Financial issues. Self-pride.	I don't know how you feel, because you're you and only you live with the thoughts in your head, but I hear you and I'll fight with you in whatever way you need me to.	Therapy, medication	Realizing my son is making advancements as he grows up. My cat is sometimes very cute. I'm vaccinated. Shitposts on Twitter. Cats on Twitter.		
4/16/2021 14:36:12	21	I am from Big Flats NY, And i currently live in Buffalo, NY	Caucasian	female	i am a student but my parents are upper middle class	lesbian	Yes	More	Yes	More	Yes	calling my mom	no	difficulties in getting an appointment with a counselor, worries about worrying those close to me	i dont know because i dont often hear things that are helpful for me	therapy	art, spending time with friends		
4/16/2021 14:37:07	14	Illinois, Illinois	Mixed Black and White	Male	Middle to lower class	Straight	Yes	Less	Yes	Less	Yes	I don't	No	Anxiety	Go see therapist	Go see therapist	Do something to distract myself	Video Games, Tv, Legos, Twitch, YouTube	
4/16/2021 14:37:09	25	San Jose, California - from and now	chicana	female	lower middle/working class	heterosexual	Yes	More initially from cabin fever -	Yes	The thought occurs no matter	N/A	text friend/family to whom i feel appropriate to send to. Otherwise my therapist is for deeper issues	Thankfully not	lack of help/solution	I currently struggle and wouldn't know what to say depending on their situation as suggesting help can sometimes push them away further	My therapist, friends/family, music	Friends, social gatherings, visiting los angeles, music		
4/16/2021 14:38:27	19	Chesterfield, VA and Blacksburg, VA	Caucasian	Male	Middle class	Bisexual	Yes	More	Yes	Yes	Yes	I have a therapist and I talk to my girlfriend	No	Financial issues	They aren't alone or that they should talk to someone	It'll be one of your biggest regrets	Therapy and my girlfriend	Art	
4/16/2021 14:40:10	19	From New York, living in New York	Black or African American	Male	Middle-class	Bisexual, pansexual-questioning	Yes	More	While I have certainly thought of	Yes	Yes	Friends, cousins, therapy	No	False perceptions of mental illness, high costs of care, environments that are hostile when it comes to mental health.	I would tell them that they're not alone and they don't have to go through it alone.	I would tell them that even if life may seem completely unbearable and helpless, death is not the answer.	Talking and hanging out with friends. They make me feel appreciated.	One thing that brings me joy is a night out with my friends.	
4/16/2021 14:43:15	18	from and living in South Carolina	Caucasian	female	upper middle class?	straight	Yes	More	Yes	probably the same amount	Yes	talking to friends	no, it has come close though	my parent's views on mental health	i don't know	reassure them they have a future to look forward to and it will get better	self care, doing things i enjoy	my cat, youtubers i	
4/16/2021 14:43:16	18	From North Carolina, living in England	Caucasian	male	upper middle class	queer	Yes	More	Yes	More	Yes	friend group chat	no one close to me, but several people in my life	call only mental health services, money barriers, difficult "application" systems, location	if you can't go to therapy, take any happiness you can, people and sunshine and the outdoors are your friends, try your best to see them as much as you can.	if you can't go to therapy, get into plantcare if you can. if you can't live for yourself wake up every day knowing that you're keeping this small thing alive and if you were gone it couldn't survive without you	plantcare, my friends, and pure spite	baking bread and sharing stories, putting my hands in some dirt, welding, people!	
4/16/2021 14:45:16	23	nj- az	Caucasian	female	single	straight	Yes	Less	Yes	Less	No	talk to friends	yes, before	Judgement	it'll all be better with time	you have so many good things to live for	support from my circle of people	warm weather	
4/16/2021 14:45:31	25	Baltimore. Sacramento.	Caucasian	Male	Lower Middle Class	Pansexual	Yes	More	Yes	More	Yes	No one.	No	Stigma. Awareness. Availability. White Supremacy. Capitalism. Ableism.	Talking DOES help, group therapy is useful, find the love for yourself to be your best advocate.	Don't stop fighting. If you are gonna die anyways, might as well fight hard until the end. Never give the world what it wants to take from you - claws, teeth, bare will. Use it all.	Shear willpower. Friends and Family. Weed. Passions.	The world, ironically enough. Pain comes from the world rejecting you, while you so wholeheartedly want to embrace it. So abstractly, whatever I can carve back from the world brings me joy.	
4/16/2021 14:48:01	23	Illinois, Illinois	Caucasian	Female	Middle class? Student?	Heterosexual	Yes	More	Yes	More	Yes	Text my mom, email my therapist	No	Feeling judged	Ask for help! Talk to someone	You matter	Medicine and therapy, family and friends to an extent	Family and dog	
4/16/2021 14:49:10	22	Brick New Jersey , in between Bushwick and back home	Caucasian	He/They	Low Income	Gay	Yes	More	I would have thoughts but always	More	Yes	I reach out to friends and try to let my family know what's going but they are so dismissive of mental health.	No	The cost of therapy/psychiatrist	I'm always here if you need someone to talk to, that everything you're going through is valid and what are some steps we can take to get you back to a happier mindset.	I would offer to go over and be there with them for as long as they needed. I would reassure them how amazing they are and how much light they bring into this world.	Mindfulness meditation and Creativity	Trips to the open beach during golden hour, long board rides through Bayhead and having a great meal with friends/loved ones.	
4/16/2021 14:50:28	28	From suburbs of Boston living in Boston	Caucasian	Male	Good?	Straight	Yes	More	No	Yes	Yes	Family member but now in therapy	Yes	\$\$\$ thoughts on how expensive therapy is and if it works	You are not alone.	That feeling is temporary. There are people who love you who would feel more pain than you do now if you chose this. It is hard now but will get better and you will feel more alive than ever before once you see it.	Painting, music, family	Friends, family, good art, music, sports, love, the feeling after a long run. The fact that people are here to help people.	
4/16/2021 14:52:06	27	Buffalo New York	Caucasian	Female	Low	Pansexual/Polyamor	Yes	More	Yes	More	Yes	I talk to my husband and my therapist	During	The thought that "others have it harder I should just deal with it"	Ask what I could do to help and that I was here to listen	That I know that feeling of wanting to kill yourself and that there are other ways to deal with that feeling	Music, my husband, writing	Writing and my friends and family	
4/16/2021 14:53:36	26	Missouri, USA - Missouri, USA	Caucasian	Female	Poor	Bisexual	Yes	More	Yes	Yes	Yes	Reach out to friends	No	Ignorance/People not taking me seriously	I don't even know	Regular contact with friends	Doing things I like		
4/16/2021 14:58:53	15	NC	Caucasian	Male	Middle	Straight	No	More	No	No	Yes	Talk to somebody	No	Not knowing somebody good enough to be able to talk to them about it	Yes	Finding things to make me happier			
4/16/2021 14:59:23	19	Clearwater FL	Caucasian	Male	Middle	Bisexual	No	More	No	No	Yes	Texting close friends	Yes, during	Public shame/lack of understanding	I am always going to be here for you, I've had personal	Music	My friends and family		
4/16/2021 14:59:24	25	I'm from Stillwell, KS and now I live in Lawrence, KS	Caucasian	female	I'm just barely over the poverty line, but I grew up very high middle-class	bisexual	Yes	More	Yes	Yes	Yes	Due to my particular diagnosis, I tend to isolate unfortunately until I am in dire need of help. Then I will text my therapist and friends.	yes, but previous to the pandemic	the stigma surrounding asking for help, and the cost of actually getting the mental health often makes it impossible	You, as you exist right now in this moment - deserve to be here.	You, as you exist right now in this moment - deserve to be here. The pain and suffering you feel are immense and heavy to carry, and you want that to stop - of course you do. You are not weak, you are tired from being strong enough to carry all of this around with you constantly.	Therapy, hard work on my part, friends, animals	now I am working on becoming a therapist. About 6 years ago I was extremely mentally ill and on the verge of becoming homeless. Things have been hard, and certain things will continue to be hard, but I now have the confidence and healthy coping mechanisms to deal with it.	
4/16/2021 15:00:37	22	I am from Texas living in New York	Caucasian	Female	Upper middle class	Straight	Yes	More	No	No	Yes	I usually talk to a friend	No	Financial barriers- therapy is expensive	I'd offer support and make sure they know I'm there for them if they ever want to reach out	Talking with other people, going outside	Being in nature!!		
4/16/2021 15:02:50	20	brick, still live here	Caucasian	female	lower class	lesbian ? homoflexible? lmao idk dude	Yes	less at first but extremely durin	No	No	Yes	my sister or my friends, i also have a psychologist and psychiatrist	no	unsupportive family/friends	it really does get better	people love and care about them	alone time, meditation, medication and marijuana lol	nature, music, my family and friends	
4/16/2021 15:05:11	22	England	Caucasian	Male	Middle Class	Bisexual	Yes	More	Yes	Yes	Yes	Call friends	No	Toxic masculinity and ignorance around mental health	To reach out to me no matter the time or day, I'll be there even just to talk about nothing	Think about the things they love in life, the people that love them and try to think of a plan for the future	Friends and watching tv to distract me	Gaming, music, films	
4/16/2021 15:06:38	23	Florida/Florida	Caucasian	Female	Middle class	Bisexual	Yes	N/A	Yes	Yes	Yes	Therapy	No	Costs of care	Unsure	Try and reach out to get therapy	Therapy	My dog	
4/16/2021 15:07:59	50	Hillside, NJ/Brnx, NJ	Caucasian	Female	Middle	Heterosexual	No	N/A	No	No	Yes	Friends, family, EAP	No and no	Afraid of being judged	Reach out. There are people that love you, support you, will stand by you, and want to help. You matter.	Exercise, clean diet, meditation, talking to friends and family, sunshine.	Life, positive people, children, animals, plants/flowers/trees. The moon, the sun, Stars. The ocean. Parks. All things natural.		
4/16/2021 15:09:23	26	California	Latinx mixed	Male	Middle class	Straight	Yes	More but only slightly	Yes	No	Yes	Reach out to friends	No	Fear of being told you're "just feeling sorry for yourself"	You're never alone, I will always be here to help	I know to you this seems like the only solution, but trust me it's not.	Having people I know I can go to whenever	Reading, my friends, and many jane	
4/16/2021 15:11:17	21	Nj	Caucasian	Female	Upper middle class	Bisexual	Yes	More	No	No	Yes	Yes texting family	No	Lose the stigma on social media	Take it one day at a time and focus on the present moment	There's so many people that love you	Gym	Human connection	
4/16/2021 15:12:09	22	Layton, Utah for both	Caucasian	Female	Middle class	Heterosexual	Yes	More	No	No	Yes	Relying on friends for support	No	No money to pay for therapy	There are resources to help	Coping mechanisms, being outside, exercise and eating well	Spending time in nature		

Timestamp	How old are you?	Where are you from? Where are you living now?	What is your race/ethnicity?	Which gender do you identify with?	What is your socioeconomic status?	What is your sexual orientation?	Have you personally struggled with mental health before the COVID-19 Pandemic?	Have you struggled with mental health more or less since the beginning of the COVID-19 Pandemic?	Have you thought about suicide before the COVID-19 Pandemic?	Have you thought about suicide since the beginning of the COVID-19 Pandemic? More, Less, or not at all?	Do you believe there is a stigma around asking for help when struggling with mental health?	When struggling with mental health, what are your modes of reaching out for help? Do you text a friend/family member/etc?	Have you lost someone close to you/others from reaching out for help if struggling with mental health?	What barriers do you think would prevent you/others from reaching out for help if struggling with mental health?	What would you say to someone struggling with mental health to help them?	What would you say to someone contemplating suicide to help them?	What has helped you during your mental health struggles?	What brings you joy?
4/16/2021 15:12:41	17	Southern California	Asian	Male	Middle	Unlabeled	Yes	Less	Yes	Yes	Yes	Text a friend	No	Gender norms, undiscussed mental health issues, limited time due to other obligations (work, school, etc).	All things—even the big and painful ones—shall pass. You're stronger than you know.	You have more life to see beyond this point; I've done for a walk and being in nature and the knowledge that there's so much more you're going to see and feel that will make you grateful that you decided not to die.	Distraction (friends, making art, consuming art, going for a walk and being in nature) and the knowledge that there is more in the future that I will want to be there for.	Art, both consuming it and creating it. Nature, feeling the world around me at peace. My friends.
4/16/2021 15:14:25	21	Phoenix, AZ—never moved	Caucasian	Women	Working class	Bisexual	Yes	More	Yes	More	Yes	I just keep it inside until it explodes out of me and makes people dislike being around me	Luckily no	Money is the biggest factor but I also feel like a child every time I have to tell someone I need help with doing things like brushing my teeth or taking a shower every day etc. I'm too embarrassed to tell anyone how much help I need, so I pretend the little things people do for me are helping	I'm always the one who takes care of people even when they treat me badly because of it and I'm pretty tired of that so I don't know if I have anything for anyone else anymore	I can't remember :(Singing and dancing and making things and helping people	
4/16/2021 15:21:11	22	New Jersey, California	Caucasian	Female	working middle class (based on family)	heterosexual	Yes	More	Yes	No	Yes	I talk to my close friends about overall struggles but often work through tough days myself	No	Not knowing how to explain what I'm feeling/ too overwhelmed by what I'm feeling; when I'm unsure of if the person I would reach out to has the energy currently to listen to my struggles; and just the overall stigma around mental health especially for men	Its okay to feel what you are feeling; we will figure out how to get through this together; try to get to know your feelings (triggers, what helps etc.); reaching out for help is always an option	it may seem like there is no other options to help your pain right now but I promise you will get through this it just takes some time and there are always people who love and care about you no matter what your mind tells you	Being intentional with my thoughts! and being proactive about things I know I struggle with, also letting myself have tough days and taking it lightly!	Being outside and the sun, cooking and houseplants!
4/16/2021 15:24:40	25	Sacramento, California	Caucasian	Female	Middle class	Heterosexual	Yes	Less	Yes	No	Yes	I used to just repress my negative feelings, I didn't reach out for help.	No	The social stigma around mental health/ableism	I'm not sure; this question is a bit vague.	I'm not sure	Leaving toxic relationships and picking up new hobbies	Baking, gardening, going to the movies
4/16/2021 15:28:11	22	From brick NJ, living in Mahwah NJ	Caucasian	Female	Middle class	Straight	Yes	More	Yes	Yes	Yes	Therapy	No	Multigenerational stigmas	You're not alone	Things can and will get better	Music, therapy	Music, helping others
4/16/2021 15:32:06	22	New Jersey	Caucasian	Female	Lower class	Straight	Yes	Less	Yes	Less	Yes	Texting friends	No	In my experience, I have seen that many people believe that asking for help makes you weak which couldn't be farther from the truth! There is also limited availability to get professional help.	I know that it is hard right now and nothing can be fixed over night, but talk to me and tell me what you need or how I can help you. I believe that sometimes people make it worse by trying to help in a way that the person doesn't need. Sad people are still people. Ask them what they need, how you can help. If you want to help them, do it on their terms.	When my mental health is bad, I make sure to leave the house at least once a day. Even if it is just to sit outside for 10 minutes, such a small task, it helps me so much. I also do my best to keep in touch with my loved ones even when I want to be alone to remind me that I am loved and people do care for me.	My cat, reading, long drives, ice cream :)	
4/16/2021 15:32:48	21	Brick, NJ	Caucasian	Female	Middle Class	Straight	Yes	Less	Yes	Less	Yes	friends	before	the older generation, such as parents not understanding why people commit suicide and the complexities that goes on inside a persons mind when thinking about it and how they'd go about it	what would you be leaving behind? what have you not experienced yet in life that you can on earth?	I understand why you feel this way and it's okay you're feeling this way it's not crazy, but there's a light at the end of this tunnel, there's another way out	friends, keeping busy, thinking about the future and the things I could do and places I could go and the euphoric highs of life	seeing the world, my dogs, my boyfriend, my friends, family
4/16/2021 15:51:20	24	Long Branch ; Brick	Hispanic	Female	Not sure	Bisexual	Yes	More	Yes	Yes	Yes	Ask a friend for help, self care, go to the gym, take a long walk	No	N/A	Not the cliché but one day at a time, things do get better	Offer as much assistance as I can	Taking small periods of time to focus on myself	My son
4/16/2021 16:07:10	20	NJ and NJ lol	Caucasian	Genderqueer	Poor	Pansexual	Yes	More	Yes	More	Yes	Texting friends. Posting on social media	No	Stigma around having a mental illness, fear of rejection	That your brain focuses on bad things even if it's a 1: 1000000 ratio. Make it a point to write the good things down. Even if it's as small as "got a cookie today"	Even though you are in this deep dark hole and can't see it, as soon as you climb out the sun will be shining onto you and everyone who loves you (and yes they do) will be there to support you	Friends, family, animals, spirituality, therapy	Friends
4/16/2021 16:07:59	22	I'm from Houston, TX, and currently live there.	Caucasian	Female	Lower middle class	Straight	Yes	Less	Yes	Less	Yes	I reach out to me therapist.	No	Cost and stigma among family.	Reach out to a professional.	Reach out to a mental health professional.	My friends, my boyfriend, and my doctors.	Being around people.
4/16/2021 16:08:17	24	From Brick NJ, still live here	Caucasian	Female	Middle class	Straight	Yes	About the same	No	No	Yes	Yes I talk to my boyfriend about it	No	Stigma, lack of money	I guess it depends on the situation	That things can get better	Relaxing, eventually getting in a better mode until it comes back	Being occupied, doing well socially and financially. Learning (current grad student)
4/16/2021 16:09:53	26	Tempe, Arizona	Asian	Male	Low-Middle Class	Straight	Yes	Less	Yes	No	Yes	I don't.	Yes	Accessibility to close ones to reach out to	I'd empathize with them and validate their feelings and ask them how is it the best way I can help them, or recommend they seek professional help that I'd be willing to go with them/take them to.	My dog mostly	Video games, anime, studying new languages, traveling, etc	
4/16/2021 16:15:17	22	point pleasant	Caucasian	female	middle class	bisexual	Yes	Less	Yes	Less	Yes	family, friends and significant other	no	people try tell you "it could be worse" making you believe your feelings are insignificant or invalid	i'll be there for you during your highs and lows, whether you want company or space, you are never alone	your life matters. think of how beautiful the world is and all of the wonderful things you're able to experience, you have an enormous amount of love and support for you, you have a beautiful soul and can do so much good for the world	support from people around me	my loved ones
4/16/2021 16:19:50	41	Marlton, nj, Wall, nj.	Caucasian	Female	Employed, bachelors degree	Heterosexual	Yes	More	No	No	Yes	Therapy	No	Money, embarrassment	I care and I'm here for you	ldk	Exercise	My kids
4/16/2021 16:24:49	26	Austin, Austin.	Asian	Nonbinary. Assigned Male at Birth.	Upper middle class	Pansexual	Yes	More	Yes	No	Yes	I text a friend or talk to my mom.	Yes. Before the pandemic.	Main issue is being worried if the professional I'm seeking will be gender-affirming or not.	I'd listen to what they have to say. Suggest therapy but not push it.	Friends and my parents. Writing when they aren't available.	Writing. My best friend's dog. Food.	
4/16/2021 16:26:42	24	Los Angeles, Atlanta	Caucasian	woman/non-binary	lower middle class	unknown/bi/pan	Yes	More	No	No	Yes	Talking to friends, and I'm currently searching for a therapist!	No	Fear of judgment	This is the only life we got, might as well try to make it the absolute best for ourselves that we can!	Your present circumstances and feelings are not constant. Know that you as a whole being a beautiful soul are not only your present.	Listening to other people who have struggled, also self-examination and exploration	Life!
4/16/2021 16:46:01	56	New Jersey Still in New Jersey	Caucasian	Female	Middle income	Heterosexual	Yes	More	No	No	Yes	Family and focusing on myself with meditation and exert.	No	Affordability and availability for services	Offer to go with them for help.	Your not alone and I would suggest reaching out to a mental health specialist.	Start my morning with meditation and focusing on my positives	Being outdoors exercising
4/16/2021 16:49:36	33	Quintan, Texas currently in Denton, Texas	Caucasian	nonbinary/female presenting/leaning	Poor	Bisexual	Yes	More	Yes	More	Yes	Communicate with friends online/a few ir, maybe my mother	no	money for healthcare, social stigma, having it used against us, being gaslit	It might not help to know that you're not alone but you're not. I can't say it gets better but it can get easier.	Wait a day. And another day. And another day. Get as far away from that day that you can. And think of all the things you would have missed. Even if it was just a new meme on twitter. A silly convo with friends or a new song.	medication and my fellow mentally ill friends	animals, small quiet moments with friends
4/16/2021 16:51:34	22	brick, nj galloway, nj	Caucasian	female	my parents are upper middle	bisexual	Yes	More	Yes	Yes	Yes	text friends/mom	no	lack of education/resources	there is always going to be hard days, but im with you during the good, the bad, and the ugly, we can fins resources for you if you want them	reminding them of their worth and encouraging them to talk about it first	therapy/venting with friends	the ocean/beach, first snow of the winter, helping others
4/16/2021 16:55:15	66	From New Jersey, Live in	Caucasian	Female	Middle	It has varied ... in a	No	More	No	No	No	Talking, Taking action. Seeing	No	Insurance - \$\$\$\$\$	Listen more than talk..... encourage the. Taking action	Hard to say, it depends on who it is. I would	Art.....	Making art , my dogs, my kids, my
4/16/2021 16:55:29	22	Brick, New Jersey	Caucasian	Male	Middle	Straight	No	N/A	No	No	Yes	I tend to keep it to myself, but if needed, I will reach out to a friend.	Yes, way before covid though.	Lack of compassion for others dealing with mental health	"I'm here for you."	"I'm here for you."	Music, and my friend.	Being with my friends, or enjoying my hobby.
4/16/2021 16:56:24	49	Brick, NJ for both	Caucasian	Female	Middle class	Heterosexual	No	N/A	No	No	No	Friends family and therapist	No	Lack of health insurance; finding the right therapist for yourself!	I'm here for you and let's find the help you need	Things are never bad enough to take your own life. You have family and friends that are here for you	Therapy	Family
4/16/2021 17:09:14	22	New Jersey	Caucasian	Female	Umm idk	Pan	Yes	Less	Yes	Less	Yes	Shut out everyone and focus on me	No	Judgment	One day at a time. Also the 5 by 5 rule	Reality, truth and supportive mates	Freedom	
4/16/2021 17:10:53	23	Massachusetts but still here	Caucasian	Male	Just enough to get by	Bisexual	Yes	More	Yes	About the same	Yes	I do not, I usually just keep it in, I don't want to be a bother	No	Money is always one, time is another for me	I would sit and try to listen	That although now is rough and perhaps tomorrow as well, the future isn't as set in stone as you may think, it can change	Trying to write, or read more.	
4/16/2021 17:10:56	28	North Carolina	Caucasian	Female	Lower middle class	Straight	Yes	More	No	More	Yes	Call/text best friend and mom	Yes	Money and embarrassment	Say whatever you're falling to someone, don't hold anything in	There are so many people willing to help and there is hope and it is possible to get to the other side of these feelings even though it literally feels impossible right now	Knowing I have my mom and my friends there who would drop anything to help me	Music
4/16/2021 17:13:40	28	Paris France	Caucasian	Male	???	Heterosexual	No	More	Yes	More	Yes	Friend	No	Shame or the perception of others	That you can help them	What will we do when you are gone	Speaking with a psychiatrist or friends	Writing you.
4/16/2021 17:28:22	22	Brick NJ	Caucasian	Female	Student	Straight	Yes	Less	No	No	Yes	Read my Bible	No	Embarrassed or no motivation	I love you and you are valued	I love you and you are valued	Love from my family	The beach
4/16/2021 17:28:28	23	Brick , NJ	Caucasian	Male	Middle	Straight	Yes	Less	Yes	No	Yes	Finding distractions	No	Don't want to burden others	I'm here for you	It's not worth it	Working or being around friends	Spending time with friends or family
4/16/2021 17:31:41	23	Brick NJ, Currently still in Brick NJ	Caucasian	Male	Associates Degree	Straight	Yes	More	No	Yes	Yes	Honestly kind of just keep it to myself, maybe mention a small comment to a friend but that's really it.	Before the epidemic yes	I just don't think I would be taken seriously if I did, or it would kinda just get passed over.	Your not alone, and it is ok to talk to a trusted friend/family member about it.	First get them in touch with a professional that deals with cases like this. And just let them know whatever they need you are there for them.	Knowing I wasn't alone, joining some online forums	Family and friends, hanging out with both of them.
4/16/2021 18:16:56	22	Brick NJ, Washington DC now	Caucasian	Male	Lower Middle Class	Heterosexual	Yes	More	Yes	No	Yes	Since my first bout with depression, I had an amazing Group of friends that supported me. I can't burden them with my troubles so now (when I have to) I have a therapist I see	No	The judgement from others. People have a weird sense of figuring things out even if you don't say anything. I used to lifeguard in Brick and it was a toxic environment due to that sense of "macho man". If (when comfortable to discuss) it does come up, no one should have to feel any less than what they are.	To let them know they are loved and accepted, no matter what burden they are bearing.	Exercise, being outside, especially being on my own without anyone else around.	Most definitely my girlfriend. Plus being at the beach with no phone or any apple watch on so I can disconnect	
4/16/2021 18:31:38	56	Demarest, NJ, Brick, NJ	Caucasian	Female	Middle class	Heterosexual	Yes	More	No	No	No	Family member or friend	No	Embarrassment. Hopelessness. Financial for professional help	It would depend on the struggle. I struggle with anxiety. I would tell them to talk about it and get help if it's impairing their day to day life.	Definitely get professional help. Whatever they would need I would be there for them.	Talking to my closest loved ones. Getting out of the house and switching up my environment. Getting out of my own head. Anti anxiety pills- rarely but if needed. Wine	The people in my life. My dogs. The beach. Being grateful for everything I have that is good. Simple things like dinners out with friends and family. Even if it's a cheap byob. Seeing my children be happy and productive. Music. I could go on and on. I have had extremely stressful, difficult times in my life so I've learned to find joy in many things; especially simple things. Mostly I would say the people in my life, the love.
4/16/2021 18:43:17	22	Washington State/Washington State	Caucasian	Female	Poor	Presumably bisexual	Yes	More	No	Yes	Yes	I dont	No	Not being supported by those around them	I'm not capable of doing this	Nothing I've noticed	Watching videos of Anthony Mackie and Sebastian Stan	
4/16/2021 19:11:58	22	New Jersey	Caucasian	Female	Huh	Bi	Yes	More	No	No	Yes	Do it yourself or have a friend help you	No	Speaking up	Go to a psychiatrist	That you only have one life to live	Medication	My animals
4/16/2021 19:16:30	65	Basking ridge	Caucasian	Female	Middle class	Heterosexual	Yes	Ssme	No	No	Yes	Talk to a friend	No	Stigma	I am here if you need to talk anytime	Let's talk. Will you talk to a counselor.	Talking to a friend	Being with friends and family going for a walk in the sunshine

Timestamp	How old are you?	Where are you from? Where are you living now?	What is your race/ethnicity?	Which gender do you identify with?	What is your socioeconomic status?	What is your sexual orientation?	Have you personally struggled with mental health before the COVID-19 Pandemic?	Have you struggled with mental health more or less since the beginning of the COVID-19 Pandemic?	Have you thought about suicide before the COVID-19 Pandemic?	Have you thought about suicide since the beginning of the COVID-19 Pandemic? More, Less, or not at all?	Do you believe there is a stigma around asking for help when struggling with mental health?	When struggling with mental health, what are your modes of reaching out for help? Do you text a friend/family member/etc?	Have you lost someone close to you to suicide? Since or during the COVID-19 Pandemic?	What barriers do you think would prevent you/others from reaching out for help if struggling with mental health?	What would you say to someone struggling with mental health to help them?	What would you say to someone contemplating suicide to help them?	What has helped you during your mental health struggles?	What brings you joy?
4/16/2021 19:30:32	25	From NJ, in FL	Caucasian	Female	Middle	Straight	Yes	More	No	No	Yes	Therapy.	No	Many think it's not a problem until it's serious. But it can be a problem from the start. Others are less likely to see mental health as serious as physical health, due to stigmas around the subject. Also, insurance doesn't cover a lot of stuff.	Offer help and support in whichever way benefits that person the most.	Remind them of every day joys in life, the simple things that bring meaning to life.	Appreciation for life and what it is to be human. Also dogs.	Travel, new experiences, genuine connection and dogs.
4/16/2021 19:33:01	22	Russia	Caucasian	Female	Middle?	Straight	No	N/A	No	No	Yes	Keeping it to myself and dealing with it by myself because that's what makes me feel strong (but I let myself talk about my issues to people sometimes)	No	Culture. In where I come from it is not considered as something that you can't figure out yourself or blame someone/thing else for it.	To try different things and see what works best.	You have gone this far, giving up now would be pointless.	-	Nature / places that remind me of home
4/16/2021 20:00:17	24	Brick, Galloway	Caucasian	Female	Middle class	Lesbian	Yes	More	Yes	More	Yes	Text or call a friend or parent, only a trusted few though and rarely my parents	No	Stigma, risk of ruining my reputation as a strong woman/athlete	Sometimes it's okay to do the bare minimum. You're still doing your best, even if your best is different each day.	Find one thing that makes you feel alive for a second and tell yourself that it's worth it. Even if it's just a sunset or a cup of coffee.	My friends, exercise, outdoors, journaling	Doing what I want because nothing means anything. Being with people who understand me or are trying to understand me. How nature doesn't give a fuck about your feelings.
4/16/2021 20:25:40	51	From Clifton and living now in Brick	Caucasian	Female	Upper/Middle Class	Heterosexual	Yes	Less	No	No	No	Friends/family	No thank goodness	None would prevent me from getting help	I'm here to listen or just sit with you	It is a permanent solution to a temporary problem. I have always told my children this and I have instilled it in their brains.	Support from loved ones	Giving to others
4/16/2021 20:42:02	23	Brick, Brick	Caucasian	female	poor	straight	Yes	More	Yes	More	Yes	friends	no	more affordable	keep going	everything changes, this will too, if you hate your life end it by creating a new one	mantras	friends family
4/16/2021 20:59:06	40	South River, Pine Beach	Caucasian	Male	Middle class	Heterosexual	No	N/A	Yes	No	Yes	Talk to family and friends	No	Knowing reliable, judgement free points of contact.	Mental health is just as important as physical health. You go to the doctors when you are sick physically, the same should apply when you aren't feeling 100% mentally. Basically, "it's ok to be unwell. How can I help?"	That I have done so my self. That many other people have too. I would ask them what feelings or situations do they think are contributing. I would ask who else they have spoken to about this? I would acknowledge and accept their feelings without trying to change their mind about it and most importantly just keep them talking. I would try to get them to speak to a professional.	Self awareness, family, making connections	Family, food, friends
4/16/2021 21:11:15	22	Canada	Caucasian	Female	Middle class	Straight	Yes	More	Yes	More	Yes	Try to distract myself. I don't talk about it with my family as they don't understand mental health issues	No	It's a taboo subject. People still think its asking for attention when you need help. There is simply a lack of education on symptoms and coping mechanisms/peer support.	I would just listen to them talk. I personally don't want a solution when I talk about my mental health, I just want to know someone wanting to listen to how I feel. I would offer any sort of help based on what they've told me.	I'm not sure. I think I would try to remind them of all their favourite things and tell them how much people care for them.	Distracting myself. Talking and being around people. I hate being alone as it leaves me with my thoughts.	Travelling. Experiencing new things with friends.
4/16/2021 21:14:48	62	From NYC	Caucasian	Female	Middle class	Heterosexual	No	Less	No	No	Yes	Talk to my friends	No	Lethargic depressed inertia	I am here you are loved	You are needed life is worth living	Love and compassion	Sunshine flowers love friends cats being of service to others
4/16/2021 21:29:55	25	Brick, Asbury Park	Caucasian	Female	Middle Class	Bisexual	Yes	More	Yes	Yes	Yes	Therapy, friends, my sister	My professor	Access to mental health, education on mental health starting in k-12	I'm here for you		Therapy!!	
4/16/2021 21:37:27	22	I've moved around a lot. I don't consider myself from one place. Currently in Nevada.	Caucasian	Female	I'm a student but I get help from parents so probably upper middle class	Lesbian	Yes	More	Yes	Yes	Yes	Talking to my girl friend or best friend	A fellow student I had several classes with throughout college committed in May of last year.	Money. Social stigma. Under qualified mental health professionals.	To not keep it bottled up inside and to talk to someone, talk to me if I could help them.		Support from others	My cat
4/16/2021 21:58:52	28	New Jersey/New Jersey	Caucasian	Female	lower class	Straight	Yes	More	Yes	About the same	Yes	I trust my boyfriend to talk me through it.	No	Fear of looking weak or losing opportunities, not being taken seriously	It's okay to get help in any way you can!	That it's always impossible to believe in the moment and they don't have to, but it will get better.	Marijuana helps with my panic attacks a lot, it helps me be able to distract myself with something else like a show or craft	Helping people
4/16/2021 22:15:50	21	NJ, NJ	Caucasian	Female	Middle class (?) maybe lower middle class	Straight	Yes	More	Yes	Yes	Yes	I scream and cry and make bad decisions mostly	Almost	Unawareness	I'm here for them	Ask why, listen to feelings, try to make connections with things that give them hope	Things that would make my younger self happy, my family, my friends, my significant other	Life. Even when it's hard to acknowledge that
4/16/2021 22:43:15	21	Longwood, FL to both	Black or African American	I am genderqueer	Lower middle class	Queer	Yes	More	Yes	More	Yes	I usually keep things to myself and resort to journaling/writing a story, listening to music, reading, taking a drive - personally all of the things connected to my mental health state are difficult to talk about. However, I am more than willing to listen to my friends, family or really anyone who needs help in regards to their mental health.	I haven't lost someone to suicide, but I've had two very close family members almost succeeded in their attempts.	The stigmas around different mental illnesses and being misunderstood/belittled, no access to health care/mental health specialist	I'd let them know that their feelings are valid and they deserve to be heard and understood. I'd listen with an open mind and either respond to the best of ability, or simply be there to keep listening and support them (because sometimes verbal responses aren't needed).	People usually just need someone to talk to and be shown that someone genuinely cares. If I was already physically with the person I'd talk to them and maybe try to take them away from the space they're in hopes of shifting their headspace, even slightly. If I wasn't with the person I'd maybe call them and ask them to stay on the line and talk until I could physically reach them.	Like I listed above I have a few coping mechanisms that have helped throughout my life. I usually just try to be alone so I can process my emotions.	
4/16/2021 23:02:02	51	Freiburg, Germany - Lower East Side, NYC	Caucasian	male	academic middle class, la bourgeoise	heterosexual	No	N/A	No	No	No	talking to friends, friends are the best life insurance	not very close, but within reach	insecurities, burdening someone, being a downer, crying for attention,	let's take a walk, let's make a project together, take a shower and cook something	tuffest question, not to sound trivial but: things will look better tomorrow	friends, family, art.	every new day --Oh, and --strangely-- typography; not so anonymous survey is it?
4/16/2021 23:10:22	22	Canada, Canada	Caucasian	Woman	ldk	Heterosexual	Yes	The same	No	No	Yes	Talk to parents	Yes, before pandemic	Embarrassment, worried about not getting the answers they are looking for	I would listen, sympathize, and point them in the direction of a professional or someone who I know is good at talking about mental health	I would do the same as previous question, without sympathizing	Talking to people, procrastinating and relaxing	Video games, sharing memes with friends, watching tv, petting my dogs
4/16/2021 23:22:43	25	Puerto Rico. New York now	Latina	Female	Lower class	Bisexual	Yes	More	Yes	More	Yes	Text my boyfriend	No	Fear of burdening others	The world is better with you in it...something I wish I could tell myself and believe it		Family, boyfriend, animals, good food	Family, boyfriend, animals, good food
4/17/2021 0:23:02	27	Austin texas	Caucasian	Female	Lower class	Straight	Yes	Less but because of medication	Yes because of the wrong medic	No	Yes	Keep to myself	No	Shame. Money. Guilt. Pride.	Tomorrow is another day to start over	You have value. You are worthy. You are deserving of good things. I'm here.	Therapy. Medication. Gratitude journal.	Sunsets. The moon. My niece. All the things I wasn't able to see and do and appreciate when I was in a deep depression.
4/17/2021 0:38:14	20	From Orlando, living in Orlando	Caucasian	Female	Middle class	Bisexual	Yes	More	Yes	Yes	Yes	Maybe text a friend	No	Sometimes I don't want to bother anyone it's definitely an awkward subject. I don't want people to think I'm being dramatic	I would try and tell them that they are loved and have my support.	I would tell them that they should stay because the world can actually be very beautiful	Trying to focus on small goals. Trying to enjoy the small things	Cows, storms, music
4/17/2021 1:20:54	24	From New Orleans, LA living in Morgantown, WV	Caucasian	Female	Lower class	Bisexual	Yes	Less	Yes	Yes	Yes	I don't really reach out, sometimes I talk to my fiancé but not often	No	#1 the cost, #2 amount of resources available	I would listen to them and try to help them find resources if they ask	I would tell them they're loved, this feeling is temporary, and there is help available if they need it	Therapy, being with my friends, and keeping busy	Music and my friends
4/17/2021 2:00:57	22	New Jersey / NJ	Caucasian	Female	Middle / low	Heterosexual	Yes	Less	Yes	Less	Yes	I don't / no	No	Judgement	I'm here for you always	Please don't, I love you, I'm here for you, please get some help	Not sure / don't really think much, maybe music	The beach
4/17/2021 3:42:56	21	Albuquerque New Mexico current living there	Hispanic	Female	Upper middle class	Straight	No	More	No	No	Yes	Text a friend or family	No	Therapist covered by my insurance	You are not alone	You will be okay	Spending time in a safe environment	My friends and family
4/17/2021 10:42:45	57	Brick, NJ	Caucasian	Female	middle	heterosexual	No	More	No	No	Yes	closest family and friends	no	transparency	talk to anyone you trust, see your doctor and be truthful	your life is worth living for	comfort from loving family and friends	dogs, comedy shows and comedians
4/17/2021 15:30:55	30	NY / NY	Caucasian	Female	lower middle class	Queer	Yes	More	Yes	No	Yes	Therapy	No	Money or lack of awareness of resources			Therapy	
4/17/2021 15:32:20	23	New Jersey	Caucasian	Female	Upper middle	Bisexual	Yes	Less but only b/c I have a really good support system now	Yes	No	Yes	Talk to family & friends/my partner, therapy	No	Not wanting to be a bother, feeling guilty because there's people who have it so much worse	Just listen to them, empathize with them, make sure they know they're not being judged and can ALWAYS come to me when they're feeling down	Pretty much the same but encourage them to seek outside help too i.e. therapy, a hotline, etc	Therapy, family & friends, my partner	Being around other people, art, music, food, yoga, traveling
4/17/2021 21:24:04	26	New Jersey, New York.	Caucasian	Male	Middle	Straight	No	More	No	No	Yes	Text/call a friend or just deal with it alone	No	Embarrassment of having to admit it to someone	All hard times eventually pass	Think about the people who would you would upset by taking your life	Working out, getting back into hobbies	My many hobbies (biking, MMA, working out, playing on the computer)
4/18/2021 1:21:15	22	New Jersey	Caucasian	Female	Middle class	Straight	Yes	More	No	No	Yes	Text a friend	No	Stigma behind therapy	Get the help you need regardless of what other people say or think	It can never get better if you don't live on and keep trying	Music	Music, crafting
4/18/2021 10:27:32	53	Hillside, NJ/ BRICK, NJ	Caucasian	Female	Employed	Heterosexual	Yes	N/A	No	No	Yes	I work a program of Alcoholics Anonymous	No	The stigma in society	That there is help available and there is nothing to be ashamed of	I would try to reassure them that these feelings are temporary and there is help available	Alcoholics Anonymous	My sobriety, my husband, my kids, my grandson
4/18/2021 17:08:42	23	NJ-NJ	Caucasian	Female	Broke af	Heterosexual	Yes	More	No	No	No	inner cope or get high	No	I'm a stubborn person. So when someone gives advice I analyze it to much.	It's Ohkay	It's hurts others more than you know.	Weed	Weed
4/18/2021 17:43:19	21	From Orlando, Florida; living in Laie, Oahu, Hawaii	Caucasian	Female	Student	Heterosexual	Yes	More	Yes	More	Yes	I don't often do anything - I don't want to be a burden	No, but a few people I know have tried/wanted to	Fear of what people think, feeling like a burden, financial instability	Normally I tell them I am always here for them, and that they should reach out to people they trust for help	I would remind them how loved they are, what a bright future they have, and how it may be hard, but the fight is worth it	Friends who show me they love and care for me	The people I love
4/18/2021 18:56:34	21	Brick NJ and Brick NJ	Caucasian	Female	Middle class	Straight	Yes	Less	Yes	Less	Yes	Family and friends	No	The stigma and being labeled as "crazy"	REACH OUT AND GET HELP!! Don't be embarrassed to speak to a professional about it.	You are not the only one and it's a bad day not a bad life	Accepting that I was sick and had a problem and working hard to get on the right medication and seeing a therapist regularly	LIFE
4/18/2021 22:24:17	27	From Utah. Living in California.	Mix Asian/Caucasian	Female	Make over 100,000+	Bisexual	A little bit but, easily handled	More	Yes	No	Yes	Just try to talk to my friends or a family member. Not always directly about my mental health but, maybe just a friendly chat or to do an activity together so I am reminded about what I have in this world.	No.	Not knowing where to go. No feelings like our emotions are worth asking for help. Thinking "Oh maybe they aren't that bad" when in fact there isn't anything to small or too big that constitutes needing help.	Don't be afraid to get help. People who are trained to help are honestly pretty great and won't judge you. Also make time for yourself. You are the only you you've got.	Reach out to hotlines and other resources before anything else. Let the professionals help guide you through these emotions. It won't be easy but, at least you can have a guide to help you through the journey.	Learning new things and working a lot to improve myself and learn new skills.	The work I do. Learning new things. People close to me.
4/19/2021 8:55:10	22	NJ, FL	Caucasian	female	student	heterosexual	Yes	More	No	No	Yes	talk to family	no	hopelessness	To have hope and read a book	feeling down doesn't last forever	staying busy	life
4/19/2021 20:32:57	33	Philadelphia-PA, Now living in Sicklerville NJ	Caucasian	Male	Employed	Heterosexual	Yes	More	Yes	Yes	Yes	I see a therapist	Yes	Public perception of those with mental health disorders in that they are seen as having emotional and not health issues.	I would suggest talking to a mental health professional or, if not possible, a close friend or family member.	I would try to emphasize that there is help available and that they are more valued than they likely realize	Medical management & therapy	My family, friends, & my faith