

# Project MeWe

A Phi Theta Kappa Community Service Project



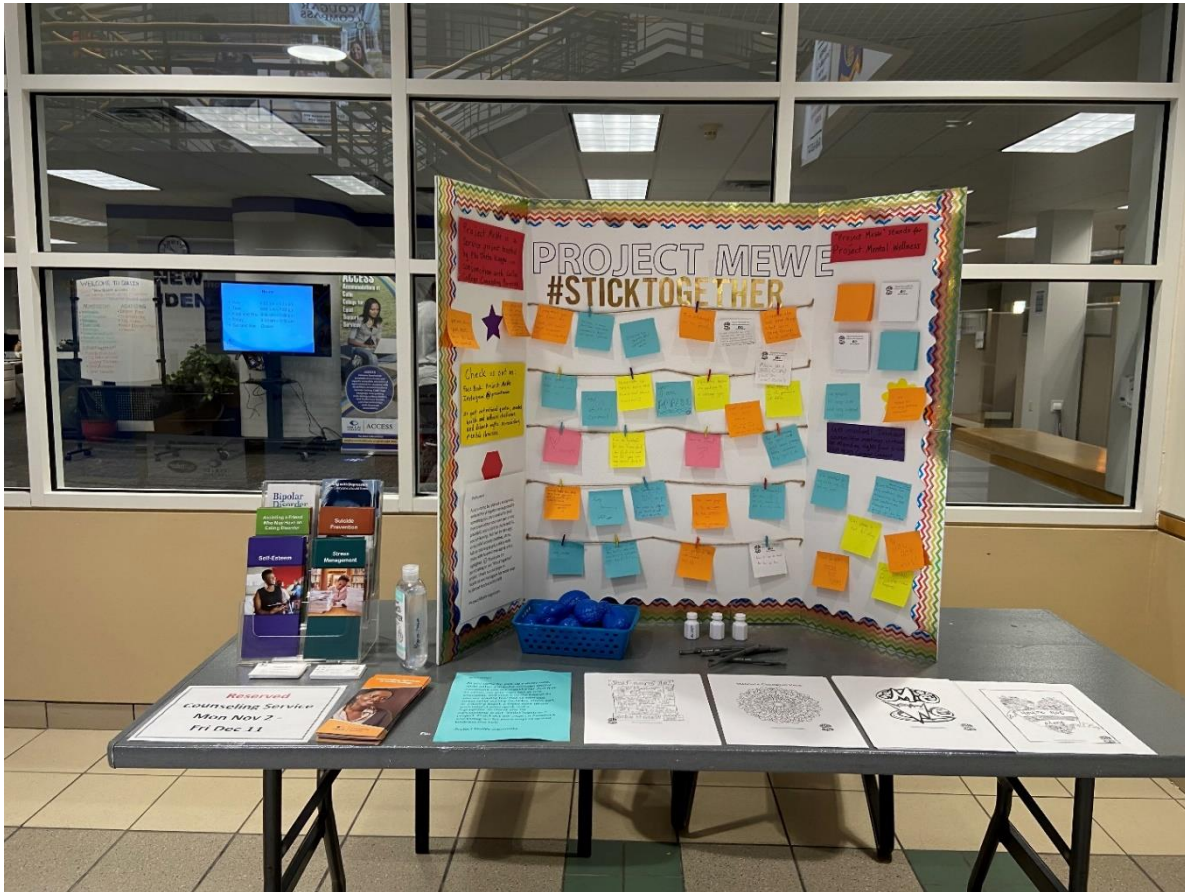
In Partnership with Collin College Counseling Services



# #StickTogether Board



November 24 – December 11, 2020



## What is the #StickTogether Board?

“The #StickTogether Board is a community-outreach activity designed to foster mental health and wellness and encourage community unification. Housed on unmanned tables at the Frisco and Plano campuses, the activity consists of a trifold with motivational messages on sticky notes for participants to both add to and take as reminders for themselves, in addition to free-to-take coloring pages, pamphlets, and other varied goodies.”



Anna Seida, President of the Alpha Mu Tau Chapter

“The Project MeWe #StickTogether board is an invitation to Collin College students to engage in mental health awareness. It allows students to connect with one another through exchanges of motivational quotes and compliments, as well as acts as a hub for mental health resources.”



Elijah Pinguel, Member of Alpha Mu Tau Chapter



# Social Media

## Motivational Monday








## Wellness Wednesday



## Factual Friday

**Common Myths About Bipolar Disorder**

-  **Bipolar Disorder is rare.**  
Fact: BPD affects 2 million adults in the U.S. and 45 million people worldwide.
-  **People with Bipolar Disorder are just moody.**  
Fact: BPD causes extreme changes in mood, energy, and sleep and can last for days, weeks, or months.
-  **Mania is enjoyable and productive.**  
Fact: Although people experiencing mania often feel great, they may become irritable and restless, and feel out of control.
-  **People with Bipolar Disorder cannot work.**  
Fact: proper medical treatment and good support enables more than 70% of people with BPD to work and be successful.
-  **Bipolar Disorder is caused by a personal weakness or character flaw.**  
Fact: BPD is a medical disorder just like diabetes or any other health condition. People with BPD cannot “just put themselves together” and get better. Treatment is necessary.
-  **It is impossible to help someone with Bipolar Disorder.**  
Fact: BPD can be affectively treated and managed. More than 30% of patients can expect a full recovery while another 40% can expect a very marked reduction in their symptoms.

The infographic has a light green background and a Project MeWe logo in the top right corner.

“The goal of Project MeWe to encourage unity within our community and promote mental health and wellness is also represented in the Project MeWe social media pages. By following this account, one will find motivational quotes, wellness challenges, and research around mental health.”



Alexis Merker,  
Chair of Service for the Alpha Mu Tau Chapter

Facebook: Search Project MeWe

Instagram: @projectmewe



# Testimonials from the Alpha Mu Tau Chapter

“For me, the #sticktogether board is a reminder to focus on the positive. It’s something that allows me to realize that in the big picture, most of my worries are insignificant. It also demonstrates that there are no perfect lives. That we all struggle and it’s nice to have support; not just from family and friends... but strangers, and positive sayings and random thoughts. Thanks for bringing back a wonderful project through a great new avenue!”



Dr. Jessica Hargis, Primary Advisor

“In putting together this community-outreach activity, we have learned a lot about guiding our focus to the mental needs of the community, coordinating with the Counseling Department, and adapting our activity to be safe during a global pandemic.”



Anna Seida, President

“Through my involvement I have been able to meet new people and collaborate with those who are interested in servicing their community. Additionally, as a member of the research subcommittee, I was able to learn more about mental disorders and the people they affect.”



Elijah Pinguel, Member of the Service Committee

“The beauty of the #Sticktogether Board is that it’s a way for us to literally #StickTogether despite being apart during this pandemic through writing uplifting notes for others. After helping out with the #StickTogether Board, I have learned that sometimes everybody needs something to help motivate them and give them the strength to keep going whether that is a coloring sheet to destress or taking a nice message someone kindly left for them. Overall, I am glad that I have had the opportunity to help with the #StickTogether Board this semester because the possibility of being able to brighten someone’s day even just a little is an honor.”



Elise Bowles, Member of the Service Committee

“I am so thankful for the opportunity to lead an amazing group of dedicated individuals as we continue forth with Project MeWe. Over our journey so far, I believe all of us (in the Project MeWe Team) have grown as individuals, whether it is in learning more about a variety of mental illnesses, or in simply being reminded that mental health always is a priority, and we are always surrounded by a support system to help remind us of such. My hope is that this project will make a mark on the Collin community by reminding everyone of the same lessons the Project MeWe team learned along the way.”



Alexis Merker, lead of Project MeWe with respect to the Alpha Mu Tau Chapter

