

Panic. It sits comfortably in our stomachs, keeping quiet for the time being. It stalks the thoughts that swirl innocently in our minds, waiting for us to let our guard's down; then it strikes. It slams into us, we lose focus. Then, it suffocates us; silently we scream for help, we are scared. Help us, we can't breathe. Then it is gone, but we are still scared.

Loneliness. It enhances that feeling of hatred towards ourselves, leaving us numb to our surroundings. Sometimes it is all in our heads, we have people there. They talk, we talk back. They laugh, we laugh back. Yet, on the inside, behind the façade of 'we are fine', they are living, we are numb.

Sadness. It is a sly creature. It manipulates our every move, our every thought. We're breaking. Now, distant in our minds, the dark thoughts leach of our mentality. Our happy memories ruined. Our laughter tarnished. Our lives are crumbling away. We are broken.

What do we look like? Do we look crazy? Do we look insane? Do we look dangerous?

One in four adults suffer from at least one mental illness on average. There are over 200 classified forms of mental illness, yet all of them mean you are forced into the prejudice of the media, of society and of ignorant individuals. How is this fair? Millions of people fight in the battle of mental health, so why should they conceal their bravery?

A large majority of those who experience mental health issues do not seek help and suppress these terrifying feelings and experiences within, however this will only worsen the situation making it more serious and more dangerous. How is this fair? Society puts mental illness in a different box to 'normal'. So why is this your problem?

Millions of people are affected by mental health. Not only the individuals who are suffering, but also those who live their lives around them. Imagine having to watch someone you care for fall under attack of their own minds. To watch pain be inflicted upon them, yet there no physical attacker. Well, until they turn on themselves. 400 in 100,000 people self-harm in the UK alone. This may not seem a high rate when put in a survey of 100,000, but what if I simplify this? That is and estimated 262,400 people who have turned on themselves in the UK alone. I am not saying mental health is the cause of this, but I am saying that this number could be considerably lower if their symptoms were recognised at an earlier stage.

So why is mental health your problem? Well, this could happen to anyone. Your family, your friends. Anyone can be affected, yet anyone could help. Recognising someone else's difficulties and issues could save someone from a horrendous uphill battle, and could even save a life. Between 2003 and 2013 18,220 people with mental health issues committed suicide. For these people, there was no light at the end of the tunnel. They lost hope. If their symptoms were recognised earlier, maybe their lives could have been saved.

Demi Lovato is a Disney child actress turned pop sensation. In 2010, she was diagnosed with bipolar disorder, but also had a history with bulimia, anorexia and substance abuse. She spoke out in an interview shortly after a violent involving one of her band members; in this interview she gave an insight to her experience and how she was now receiving professional help, stating that she had 'surrendered' and no longer wanted to ignore the issue she always understood she had, but never wanted to reveal. Lovato is the leader of Be Vocal: Speak Up For Mental Health and has made many speeches in purpose of spreading awareness of the seriousness of mental health to the American government. She has

inspired many with her shocking truth behind her life behind the Disney star. Now, with professional help and support, Lovato has overcome mental health. I do not mean she no longer has these issues, but rather she has learnt to live her life with this part of her and has not let it define who she is. Even as a high-profile individual she has stated that 'there is no day off in recovery'.

What do we look like? Do we look crazy? Do we look insane? Do we look dangerous? Or do we look like you? We could be in your school, we could be at you work, we could be your friend sat next to you or we could be in your family. We are wishing for help, but we are too scared to ask. Do not let ignorance leave us behind because when I say 'we' I do not mean me and them. I mean all of us. Mental health is not just their problem, it is all of our problem.