

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



October is

Breast Cancer Awareness Month

ADHD Awareness Month

Domestic Violence Month

October Awareness Spotlight: Schizophrenia

Understanding Schizophrenia

This month, we are featuring a dual-subject newsletter. The first part focuses on schizophrenia, a chronic mental disorder that affects how a person thinks, perceives, and interacts with others. One of the symptoms is difficulty distinguishing between reality and what is not real.

Spotlight on Schizophrenic.NYC

The second part highlights Schizophrenic.NYC, a clothing brand you can follow on Instagram @schizophrenicnyc. The brand was started 2-3 years ago by Michelle Hammer, a schizophrenia advocate with her own experience with the disorder. Initially diagnosed as bipolar at 18, Michelle was correctly diagnosed with schizophrenia at 22. Schizophrenic.NYC offers an online shopping experience with a variety of products, including pill cases, t-shirts, hoodies, and bracelets. Notably, nothing in the online store is priced over \$48. Michelle is also an advocate who speaks out against the stigma and misrepresentation of the schizophrenic community.

Organizations for the Betterment of Mental Health

For more information on Schizophrenic.NYC, please visit :

www.schizophrenic.nyc

P.O. Box #6193

Astoria, NY 11106

The Importance of Mental Health Discussions

Mental health issues are a complex topic, and while I personally have limited knowledge, it is an important discussion to have. Open platform discussions can help people who don't understand the experience of mental health issues to communicate and interact with different perspectives. This can hopefully create a landscape for more understanding and acceptance of those who may operate differently but are no less a part of the overall human race.

If we look at things from the perspective that everyone is different in some way or another, we can treat everyone with the same respect we want to receive.

Until next month, this is Gilbert J.J. of KeepItPushing.Org.