Nothin' like feeling super vulnerable

Mental Health

Tallulah Willis Launches Mental-Health Inspired Clothing Line

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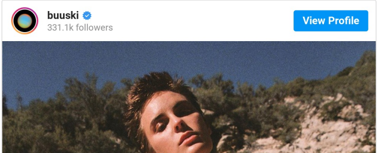
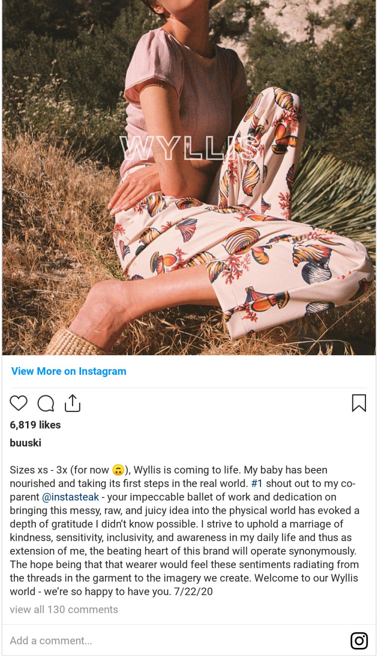
Brette Sember • Follow
July 22, 2020

What to know: Tallulah Willis, daughter of Bruce Willis and Demi Moore, has debuted the summer collection for her new clothing line called Wyllis that emphasizes mental health. In addition to featuring Willis's own artwork, the pieces incorporate empowerment statements (such as "Laugh With Me Buddy") and phone numbers for the National Alliance on Mental Illness Helpline and the National Suicide Prevention Hotline.

Willis, who has dealt with addiction and mental health issues, hopes that her designs will spread awareness, sensitivity, kindness and safety. She also hopes her clothing line will help the wearer express their mood or give them a boost on a bad day.

> "I have personally been actively suicidal and know that feeling very well and know the feeling of being alone in those moments. … This brand really was truly birthed from a deep, dark time in my life where I did feel alone." — Tallulah Willis





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Sizes xs - 3x (for now 🙃), Wyllis is coming to life. My baby has been nourished and taking its first steps in the real world. #1 shout out to my co-parent @instasteak - your impeccable ballet of work and dedication on bringing this messy, raw, and juicy idea into the physical world has evoked a depth of gratitude I didn't know possible. I strive to uphold a marriage of kindness, sensitivity, inclusivity, and awareness in my daily life and thus as extension of me, the beating heart of this brand will operate synonymously. The hope being that that wearer would feel these sentiments radiating from the threads in the garment to the imagery we create. Welcome to our Wyllis world - we're so happy to have you. 7/22/20

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The Frontlines: Mental health, suicide and loneliness are serious health concerns many Americans deal with on a daily basis.

- 1 in 5 adult Americans deal with mental health issues each year
- Suicide is the second-leading cause of death for people ages 10 to 34
- 20% of Americans report feeling lonely or socially isolated
- Loneliness can be as impactful on your health as smoking 15 cigarettes a day

Get more on mental health: **Sign up** for our weekly mental health newsletter.

A Mighty Voice: Our contributor, B.L. Acker, shared how loneliness and depression are linked for her. "Much like the classic question of whether the chicken or the egg came first, it is equally as hard to answer whether depression or loneliness comes first. … Often the two go hand in hand, causing a vicious cycle that spirals down and magnifies the impact of both." **You can submit your first-person story, too**.

Add your voice:

Other things to know: Although loneliness makes you feel, well, alone, many people experience loneliness and the mental health struggles that may accompany it:

- When Loneliness Puts Me Back on the 'Hamster Wheel' of Depressive Thoughts
- Just How Serious is the 'Loneliness Epidemic?'
- 6 Ways to Ease Loneliness and Socialize for Your Mental Health

Where to learn more: Willis's line is based on inclusivity, with sizes ranging from XS to 3X. Prices start at $58 for a tank top, $85 for a sweatshirt and $150+ for other pieces in the collection. She is also donating 10% of one month's proceeds to **The Loveland Foundation**, an organization that provides free therapy and healing to BIPOC communities. You can learn more and **shop the collection here**.

Resources

If you or someone you know needs help, visit our suicide prevention resources.

If you need support right now, call the National Suicide Prevention Lifeline at 1-800-273-8255, the Trevor Project at 1-866-488-7386 or reach the Crisis Text Line by texting "START" to 741741.

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Brette Sember is freelancer, editor, author, ghostwriter, book coach, indexer, and content producer. She lives in western New York state with her husband and two golden retrievers. Her web site is www.BretteSember.com.

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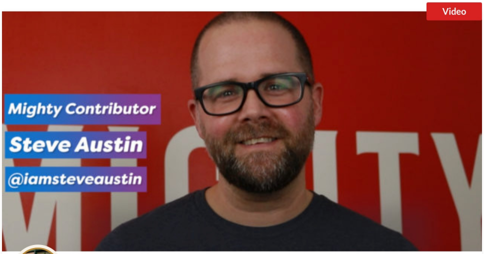

Steve Austin • Follow
@iamsteveaustin
January 10, 2020

This Former Pastor is Reimagining Faith After Surviving Suicide

Message of support from Steve Austin, a Mighty Contributor, former pastor and suicide survivor who is working to reimagine religious faith in a positive light.

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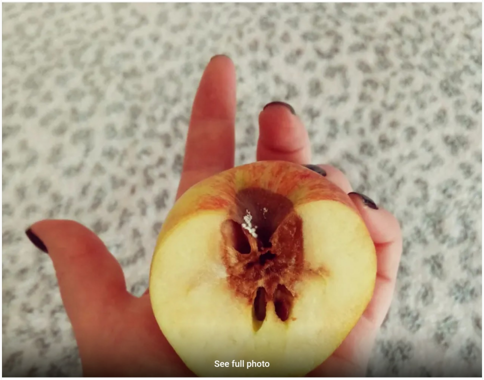

Narcissists

I thought I'd share this pic of a rotten apple with you because an awful lot of us have narcissists in our lives or have had. This is what they are. Tempting on the outside, but POISONOUS on the inside and most of the time most people can't tell unless they take a bite. 🖤

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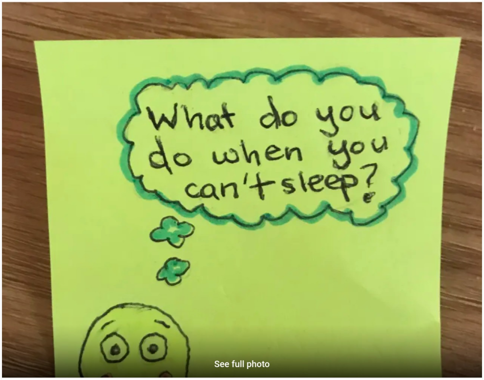
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What do you do when you can’t sleep?

We understand that sleep and health are often interconnected (spoiler alert: rest is important! 👏). And it can be difficult (and frustrating!) to know what to do when part of

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