

## MESSAGE FROM MINDS ANONYMOUS



**Minds Anonymous is a newly launched initiative dedicated to increasing understanding and ending the stigma surrounding mental health and has received backing from experts and leading organisations.**

It is the brainchild of 31 year old Louisa “Wizzi” Magnussen, who has herself successfully battled bipolar and other mental health conditions. The website allows people, for the first time, to share their mental health stories anonymously and read the stories of others. By giving people a voice, it aims to prove that managing mental health is part of being human and end the shame surrounding mental health conditions.

Wizzi, now happy and well, explained how she came up with the idea; “I was interviewed for an article on bipolar and found the process of telling my story incredibly therapeutic. However, I was terrified by the prospect of publishing it under my name as there is still so much stigma surrounding mental health. I worried that I’d never be hired again. I was put on furlough and the name Minds Anonymous came to me. 24 hours later I launched the website to give others a chance to go through the process of telling their stories. By keeping it anonymous, each writer’s identity is protected so it’s a judgement free space where people can be honest without feeling ashamed.”

Minds Anonymous has already had over 3500 views from 1200 unique visitors in over 40 countries and numerous stories uploaded, from tales of depression to abuse and psychosis. The stories themselves are compelling and give a first hand insight into conditions that are widely misunderstood.



To support the organisation’s campaign,  
please visit: <https://app.investmycommunity.com/mindsanonymous>



HELP END MENTAL HEALTH STIGMA  
is raising funds through a crowdfunding campaign.

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