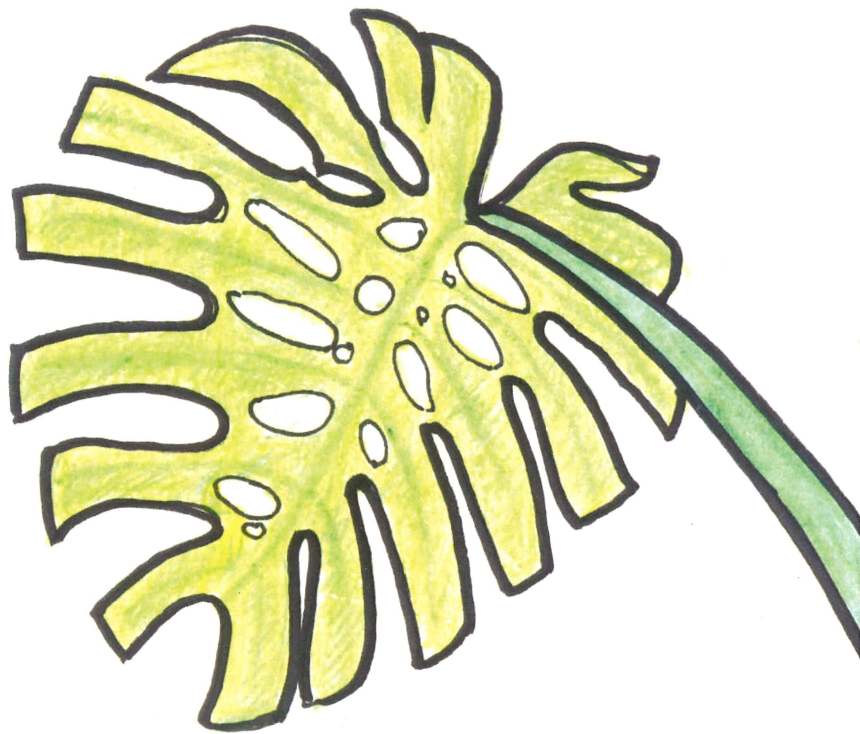
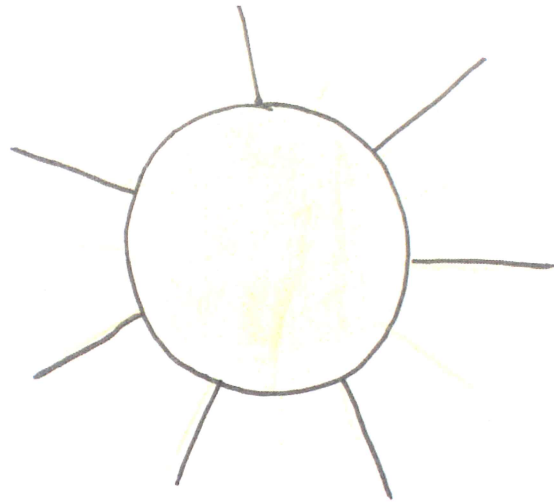


WEIRDO

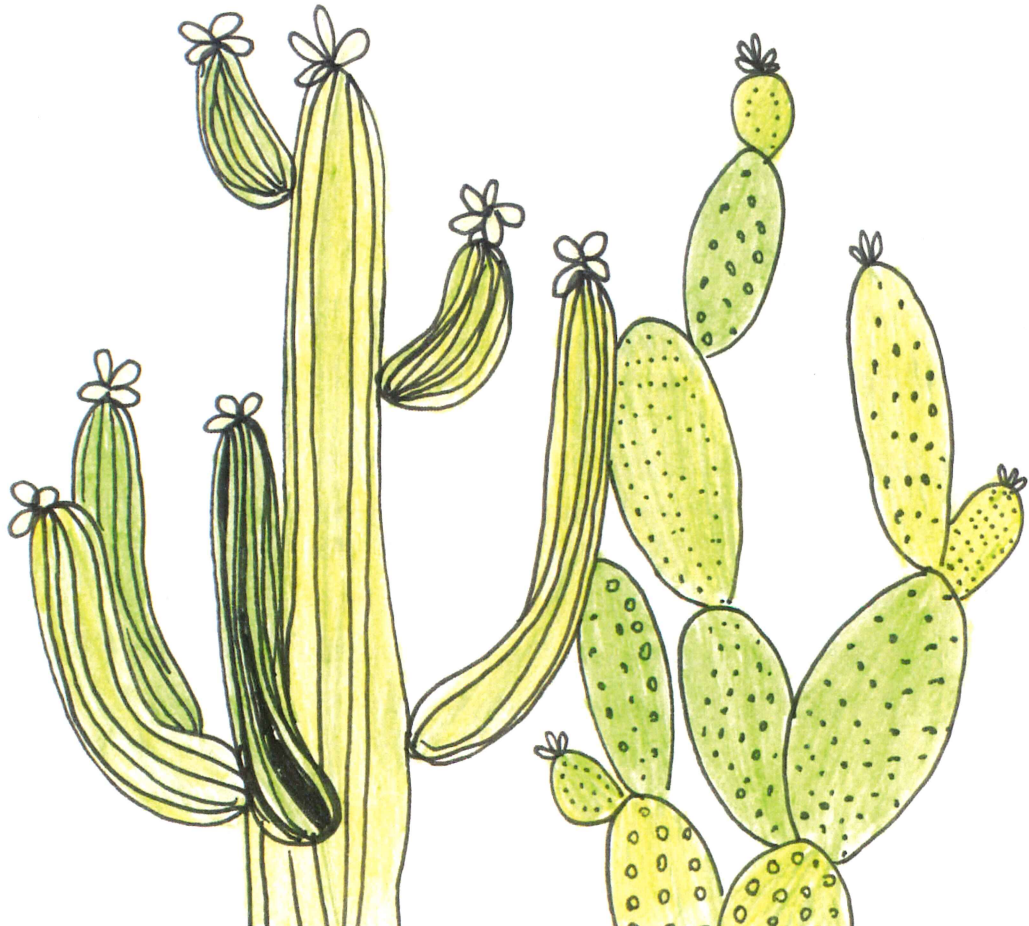
MAGAZINE ON MENTAL ILLNESS
+ Gender and sexuality - BYRAY





MENTAL

Illness



Glossary

Anxiety ✿ a mood disorder, which symptoms include excessive worry/fear. There are many different anxiety disorders

Bipolar Disorder ✿ a mood disorder characterized by shifts from depression to mania/hypomania

Borderline Personality Disorder ✿ a personality disorder marked by instability in moods, behavior, self-image, & functioning which can result in impulsive actions & unstable relationships

ADHD/ADD ✿ brain disorder which is shown through difficulty paying attention and hyperactivity

Autism Spectrum Disorder ✿ developmental disorder with a wide range of functionality & symptomatology

Depression ✿ mood disorder that causes feelings of fatigue or sadness. There are many types of depressive disorders

Eating Disorders ✿ an illness that affects one's ability/desire to eat. There are many types of mood disorders.

OCD ✿ a mental illness where a person has uncontrollable thoughts that provoke anxiety and behaviors they repeat.

PTSD ✿ an anxiety disorder caused by experiencing a trauma.

Schizophrenia ✿ a chronic mental illness that has a variety of symptoms which include hallucinations, executive dysfunction, and emotional numbness. note that it's important to reduce stigma surrounding schizophrenia.

Seasonal Affective Disorder ✿ a mood disorder characterized by depression during certain seasons. Commonly winter, but can be linked to summer

Neuroatypical/neurodivergent ✿ blanket term for anyone with a disorder caused by the brain

Neurotypical ✿ someone without any kind of brain/mood disorder

Schizoaffective Disorder ✿ chronic mental health condition with combined symptoms of schizophrenia and a mood disorder, like depression

✿ This is by no means a comprehensive list

✿ Sources: NIMH (National Institute of Mental Health)
NAMI (National Alliance on Mental Illness)

Depression

- depression is a very common disorder, especially among teenagers
- as a disorder, depression can be isolating and debilitating, which can make it hard to seek treatment or help.

WHO EXPERIENCES DEPRESSION?

- anyone can experience depression, regardless of age, gender, or race
- However, certain groups are more at risk, such as women, LGBT people, POC, and people with a familial history of mental illness

SYMPTOMS

- ☹️ irritability and anger: becoming upset for no reason is a common symptom of anxiety
- ❓ Apathy: activities feel empty, and nothing is fun.
- SELF LOATHING: feelings of guilt or low self esteem can be caused by depression
- 🕒 SLEEP ISSUES: insomnia or sleeping in and being constantly tired
- 😭 CONSISTENT CRYING
- ⚖️ WEIGHT GAIN OR LOSS depression can cause a weight gain or loss, as it causes nausea or feelings of emptiness.
- ☁️ SUICIDAL THOUGHTS / SELF HARM while wanting to hurt yourself doesn't make you a bad person, you should seek help

COPING

- EXERCISE and GOING OUTSIDE: it may seem counter intuitive, or even impossible, while you're depressed, but fresh air and endorphins really help
- TALKING whether it be through counseling, or talking with a friend or family, expressing emotion is important for a depressed person
- ASK FOR HELP WITH SELF CARE showering, cleaning, taking meds, and cooking is difficult to impossible when you have depression. Asking for help with these tasks will lessen depression
- FINDING RESOURCES there are many chat and call lines available to help those with depression. Using these resources can help when there's nowhere to turn
- Remember, you aren't alone.

ANXIETY

- Anxiety disorders are very common and often go hand in hand with depression
- anxiety can severely impair a person's ability to function.
- types of anxiety disorders include PTSD, General Anxiety Disorder, OCD, panic disorder, and social anxiety disorder

WHAT CAUSES ANXIETY?

- while anyone can experience an anxiety disorder, it is commonly genetic or caused by past trauma

SYMPTOMS

General:

- nausea • fatigue • head-aches
- tension in jaw / muscles
- Restlessness / Fidgeting
- Blankness of mind
- Irritability • Insomnia

Panic:

- repeated attacks of fear, which can feel like dying
- fear of another attack

Social:

- fear of being around others
- fear of judgement
- avoiding other people or places
- Nausea around others
- having a hard time making friends

OCD:

- repetitive thoughts that cause fear.
- repetitive actions to ~~prevent~~ prevent fear.

PTSD:

- Flashbacks to the trauma, can be triggered on random
- Bad dreams
- Intrusive thoughts

COPING

Talk Therapy:

- talking with a therapist can reduce symptoms of anxiety

Medication:

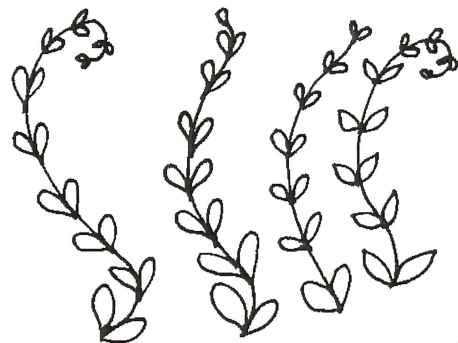
- medication for anxiety reduces anxiety by helping the brain correct chemical imbalances.

Count to Ten:

- especially during a panic attack, counting to ten helps slow down breathing and clear the mind

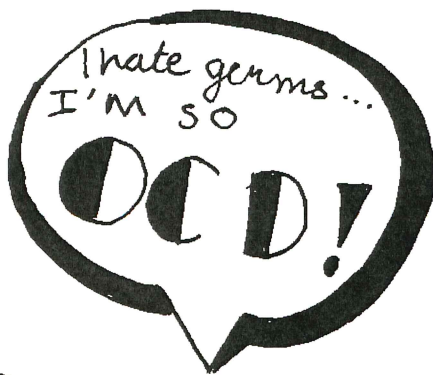
Pay attention to triggers:

- knowing what causes anxiety can help you cope with it.



⊗ Why you shouldn't say it:

- first things first, r*tarded is a slur; that's why I'm choosing to censor it.
- The R-slur has been historically used to oppress people with Down syndrome. This still happens constantly
- The word is hurtful no matter who hears it. Even used in a joke, it belittles those with an intellectual disability.
- The R-slur is not "scientifically accurate" and is no longer used as a diagnosis because it carries negative connotations
- Finally, having down syndrome, or any other mental disability, is not an insult.

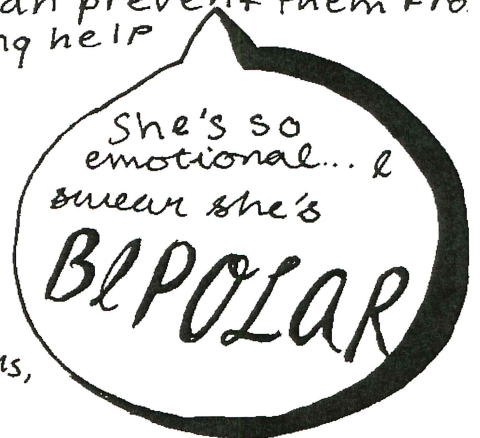


⊗ Why you shouldn't say

- Using "bipolar" as an insult hurts people who are bipolar. You can never tell who around you suffers from a mental illness
- Bipolar is not synonymous with unstable or crazy. Using it as such stigmatize those with bipolar disorder and can prevent them from seeking help

⊗ Why you shouldn't say it:

- OCD is a serious mental disorder. saying you have it when you don't trivializes the experiences of those who do.
- Just because you like order, have rituals, or experience other symptoms, doesn't mean you have the disorder. If these symptoms cause anxiety or impair functioning, you may have OCD
- not everyone with OCD has ~~ph~~eremaphobia, obsessive cleanliness, or other stereotyped symptoms. Equating these things with OCD can prevent people from seeking help.



Sources: www.R-WORD.ORG
HEALTHYPLACE.COM
MYSELF (OCD)

A PHONE INTERVIEW

Q: What mental illnesses do you experience?

A: probably what i experience the most these days is anxiety, lethargy, and some flashbacks n shit

A: Anxiety & depression, does dysphoria count as a mental illness? depends on who you ask i guess haha, & some good ol' PTSD

Q: What are your favorite or most effective coping techniques?

A: watching shows that i like and that make me happy, spending time with loved ones & talking through stuff

Q: How long have you experienced them?

A: anxiety and depression since i was maybe 12-13, dysphoria since i was 13, PTSD since 15-16

Q: Do you go to counseling or take meds? what's been your experience with them?

A: I've been to some counseling, never taken meds for my mental illness. Counseling was ok, and i could see it being beneficial for me, but the counsellor i saw wasn't the right fit for me.

Q: What symptoms do you experience the most, or have the most trouble with?

A: hm!! Journalling helped me through the worst of this stuff, and its really helpful to be able to someone who's a compassionate listener & who gets what you're going through 😊

Q: Ok last one! what advice would you give someone with the same mental illnesses?



INTERVIEW No.2

Q: What mental illnesses do you experience?

A: I'm diagnosed with depression and anxiety.

Q: Do you go to counseling or take medication? What's been your experience with them?

A: I've tried counseling, and none of them were beneficial. None of them respected my trans identity, or my wishes to keep my family out of the counseling process. I was unable to form trusting bonds with them for this reason, and don't have any desire to try counseling again at this time. I've tried three or four different medications for my depression + anxiety but don't like the side effects so I'm not taking anything right now.

Q: What symptoms do you experience the most?

A: When my depression is at its roughest point, I find the insomnia, hopelessness, and sometimes suicidal tendencies to be the hardest to deal with. For my anxiety, it's the panic attacks, constant worrying, and that rapid heartbreak bothers me a lot cause I don't think it's healthy.

Q: What are your favorite coping techniques?

A: Drawing is my number one! Being productive with my art helps with my feelings of worthlessness, and being creative helps boost my mood. Keeping my hands and mind busy also helps keep my anxiety in check. I'm also a big fan of distractions, through videogames and such. Spending time with my cats is also helpful.

Q: Ok 😊 Final question: What advice would you give someone else who has depression and anxiety?

A: I would just say, try to find what works for you. Focus on finding things that help keep you going. Because everyone copes with these things in very different ways, and sometimes finding your own plan takes trial and error. Methods that work for someone else might not work for you at all, and that's okay. It's easy to get discouraged but you owe it to yourself to keep going.

INTERVIEW No.3

Q: What mental illnesses do you experience?

A: Schizoaffective disorder depressed type, OCD, borderline personality disorder, and anxiety disorder

Q: How long have you experienced them?

A: Depression and self harm started at age 13, then at age 17/18 I had psychosis and I'm 19 now. I was diagnosed when I was 18 and I've had generalized anxiety all my life

Q: Do you go to counseling or take medications? How has this affected you?

A: Yes to both and somewhat to both lol

A: I do take meds and go to group therapy and individual therapy. It helps a little. I've been on meds for 2 years and they kind of help but barely.

Q: What symptoms do you get the most, or have the most trouble with?

A: Uh well with paranoia, odd thought patterns, "delusions" and BPD stuff. regulating emotions and forming healthy relationships

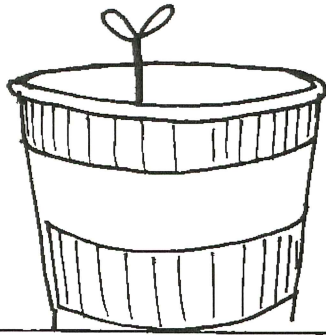
Q: What are your favorite coping techniques?

A: going out in nature, listening to music, writing, whitening it or telling someone

Q: Finally! what advice would you give someone else with the same mental illnesses?

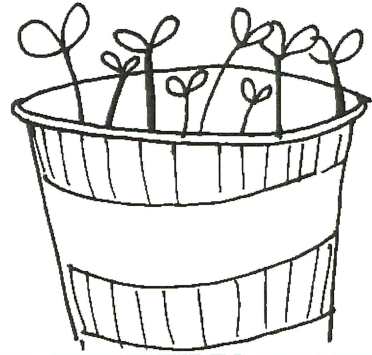
A: make sure you have a good support system and people that you can trust, actually learn and use skills that are given to you even when you feel like being destructive

No Matter how
ALONE you're
Feeling



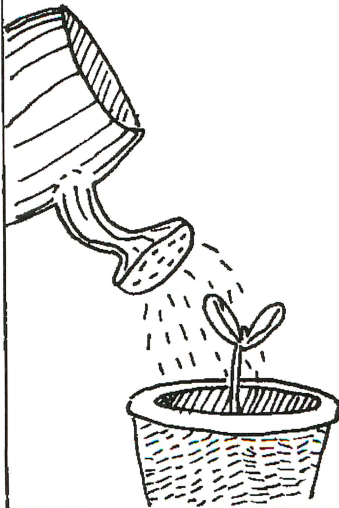
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you
AREN'T



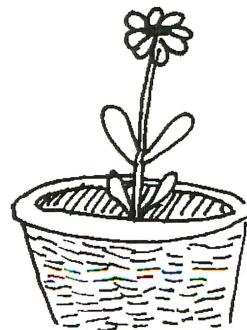
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as Everyone ~~as~~
needs **HELP** to



3

BLOOM



4

♂ GENDER ♀

&

Sexuality

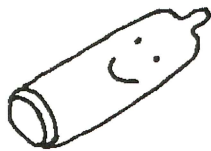


DENTAL DAMS

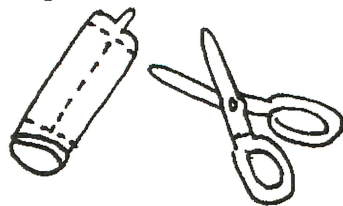
- ★ Dental Dams are squares of latex. They prevent STI's during oral sex!
- ★ Dental Dams are for use during vaginal and anal oral sex! They come in many flavours
- ★ They can be hard to find, but you can make one easily

HOW TO MAKE

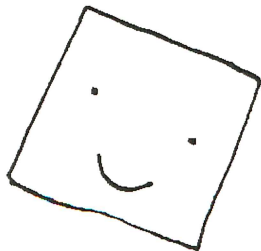
- 1: unroll a condom



- 2: cut off the tip and base, then cut horizontally on one side



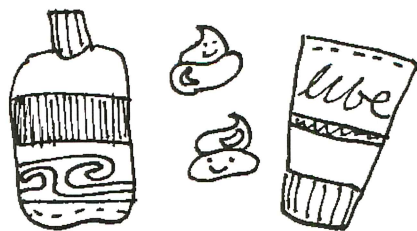
- 3: unroll into a sheet



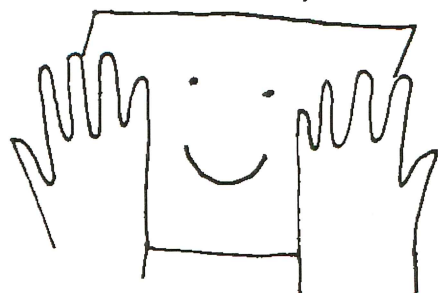
• you can also use screen wrap, but its not as effective

HOW TO USE

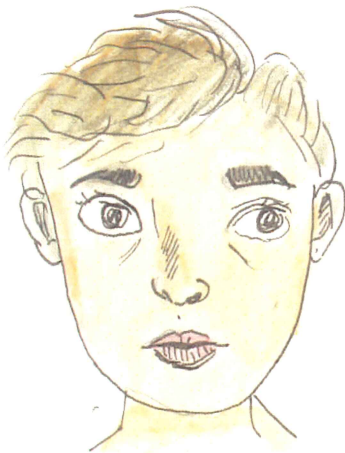
- 1: carefully unpackage, and inspect for tears, wash off starch and powder
- 2: apply water-based lube. Oil based can eat through the dam.



- 3: position over vaginal or anus. some stores sell belts, but you can simply hold it



Trans Faces



Eli • They/Them/Agender



Kris • He/Him • trans boy



Lars • He/Him or
They/Them



Zed • They/Them
Agender

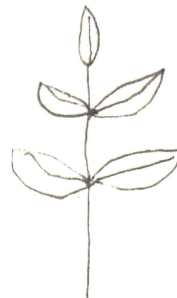
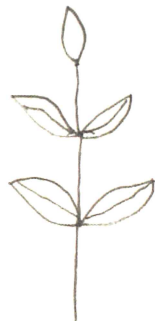
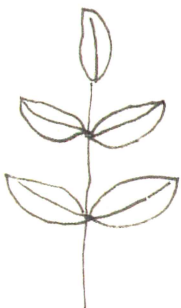


Linnaea • Genderqueer • T
They/Them

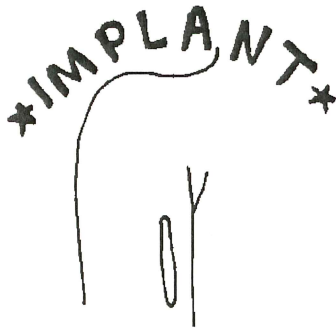


Jameson
she/her or they/them

trans people are beautiful! Here are a few drawings of a few people in the community. There are a lot of undercuts in this collection... 🌱



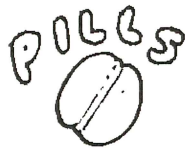
Contraception



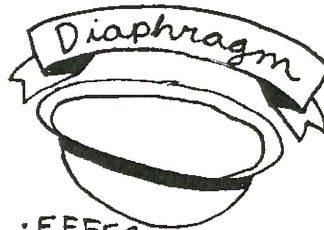
- EFFECTIVE: over 99%
- COST: up to 800\$
- lasts up to 3 years



- EFFECTIVE: over 99% used correctly, 91% when not
- COST: up to 80\$
- replaced monthly



- EFFECTIVE - 99% used correctly, 91% when not
- COSTS: up to 50\$ monthly
- taken daily



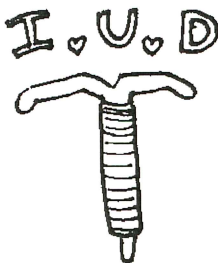
- EFFECTIVE: 94% used correctly, 88% if not
- COST: up to 75\$
- lasts up to 2 years



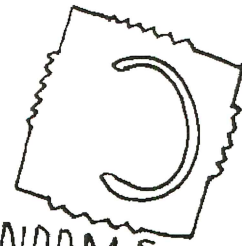
- EFFECTIVE 95% used correctly, 71% if not
- COST: 8\$
- 20-40 uses per kit



- EFFECTIVE - 99% used correctly 91% if not
- COST: up to 80\$
- replaced monthly



- EFFECTIVE: over 99%
- COST: up to 1,000\$
- lasts up to 12 years



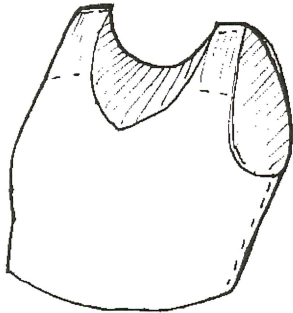
- EFFECTIVE - 98% used correctly, 82% if not
- COST 0-1\$
- One time use

★ MORNING AFTER PILL ★

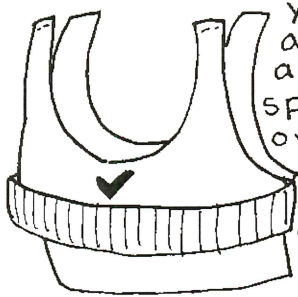
- EFFECTIVE: 85%
- COST: 25\$ to 65\$
- Use 72 hours after sex

SAFE BINDING

DO ✓



- buy a safe binder and do not wear it for more than eight hours
- Good brands are GC2B, Underworks, Les Love Boat, and T-Kingdom
- If you can't afford a binder, there are many organizations that donate them to those in need.

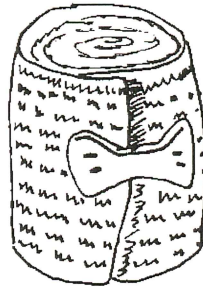


you can also wear a rolled up sports bra over a 2nd one, but exercise caution, and don't wear for more than eight hours

- take your measurements carefully, and follow each brand's instructions

DON'T ✗

→ order a size smaller



- bind with ace bandage, duct tape, or any other restrictive material
- sleep or exercise in a binder
- buy binders from unreliable sources, like cheap amazon brands
- wear your binder to sleep
- wear your binder if it hurts your ribs or you can't breathe
- wear your binder for too long without washing



REMEMBER:

binding unsafely will damage your ribs and make top surgery and binding impossible, so being carefully is important in your transition

🍅 TUCKING

WHAT IS TUCKING? Tucking is a method for trans women, drag queens, cross dressing, and GNC people to hide their genitals

How To:

- 1: Find a gaff (underwear which holds a tuck in place), nylon or spandex underwear, or pantyhose with the legs cut off



- 2: Push your balls through the inguinal canal until they vanish, leaving the scrotum empty.
- 3: Pull your penis (gently) from behind, and tuck it between your butt cheeks. Do not tuck too tightly, because this becomes uncomfortable very quickly.

Gaffs:

🍅 Using a gaff is much safer and more comfy than using tape. Some Gaffs have pouches which hold the penis in place!

🍅 you can buy Gaffs at stores like Janet's closet, Cross-Dress.Com, and Suddenly Fem.

Warning: Tucking can injure a penis or cause pain, so it's important to be careful, and pay attention to how you're feeling!