
Trauma Is Not a Trend

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Before We Begin:

- This session discusses mental health, trauma and youth suffering
- You are not expected to share personal experiences
- Please engage at a level that feels safe and respectful
- Step away anytime if needed

“Social media has improved how we understand mental health.”

Respond in the chat with:



Agree



Disagree

Notice Something

- How fast did you respond?
- How strong were your reactions?
- Did any statement feel obviously true or obviously wrong?

Speed + certainty =
culture

The Cost of Over-Pathologizing

Not everything painful is pathological

- Normal distress gets mistaken for disorder
- Labels replace context, culture and circumstance
- Identity narrows around suffering
- Help-seeking becomes confused with self-diagnosis

Why This Still Matters

The issue is not mass awareness. The issue is mass awareness without mechanisms for correction, nuance or care.

- Social media has increased visibility of mental health conditions
- Many young people find language for experiences they could not name
- Stigma reduces when conversations move into public spaces

So What Can You Do?

Care is a practice, not a post

- Pause before adopting or sharing labels
- Ask: Does this explain, or does it oversimplify?
- Share resources, not diagnoses
- Leave room for context, culture, and difference

**Ethical mental health conversations don't go
viral. They go careful.**

Thank you!