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# 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**

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## Notice Something

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

Speed + certainty =  
culture

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

**Thank you!**