**Project: Attitudes towards self-harm in the social media—the positive and the negative side**

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The self-obsessed society we live in has created a counterculture that obsesses with mental illness. In sites such as Tumblr the community (that mostly consists of teens and young adults) defends and romanticizes unhealthy mentality and in many cases rejects the idea of therapy. That along with the constant images of "perfection" that the media and society keep bombarding us with create a very unstable mind space. Our project illustrates the self-destructive behaviors that young people and especially women engage in as an effect of social media brainwash, as well as the flipside: the encouragement to get out of the vicious circle of self-harm and regain a positive attitude about oneself and life.