



Celebrate Gold

Cora Neher
Belton, MO



Writing the (Picture) Book on Mental Health Education

Cora Neher was a Girl Scout for 10 years as a member of Troop 857 in Service Unit 653. She is currently attending Cottey College, where she is majoring in English and Secondary Education: English. She plans to attend the University of Kansas for her Masters in Creative Writing.

Cora wanted to create a way for people to understand complex and often difficult topics associated with mental health. These mental health topics included bullying, anxiety and caregiver fatigue. She wrote and illustrated a book on the subject as a springboard for important mental health discussions for various ages. Cora tailored the book to a reading level rather than an age level in order to avoid making the book seem demeaning to older audiences.

After experiencing first hand the impact that poor mental health can have, Cora wanted to provide a way for people to learn about ways to manage their mental health younger. This project allowed her to combine her love of art with her interest in educating people on mental health. She hopes that these important discussions will lead to better lives and management of mental health issues and reduce the rate of teen suicide in her community.



“Because of Girl Scouts... I have gained invaluable life skills that collectively contribute towards my life goals. And through it, I have developed precious friendships that I will always cherish.”