

Glamhairartist Emre Bardan is Lockdown Mode, Seeking to Draw Awareness to the Dangers of Prolonged Exposure to Violence

#SilencedVoices Demand Attention as Violence Crisis Unfolds Globally



London, United Kingdom Aug 18, 2024 ([Issuewire.com](https://www.issuewire.com)) - Glamhairartist Emre Bardan, a mental health advocate and entrepreneur, has declared a personal lockdown as reports of threats and aggressive incidents have surged in his home country and worldwide. Bardan asks leaders and locals to

reconsider their daily routines and safety measures.

According to the National Institutes of Health, prolonged exposure to violence can have detrimental effects on psychological well-being (<https://www.ncbi.nlm.nih.gov/books/NBK498651/>). However, by sharing resources on mental health support and encouraging open dialogues about emotional struggles, world leaders and individuals can help to destigmatize seeking help and create a supportive environment for all. The crucial role of professional mental health support cannot be overstated, as it provides tools for coping with anxiety, depression, trauma related to violence, and PTSD.

"The psychological impact of living under threat can be profound," Bardan said. "We must ensure that mental health resources are accessible and that people know they are not alone."

His decision to enter lockdown mode is not just a personal choice; it is a call for awareness, emotional support for mental health sufferers, and better communication.

"We cannot turn a blind eye to the reality of our world environment," Emre Bardan said. "It's crucial that we put our well-being first and take the necessary precautions."

"I am keeping away from the chaos to protect myself and my energy," he said. "I'm trying to stay in positive healing and spiritual mindset. I've had enough especially after my recent attack. I'm stepping away and spending time with my dog."

#FreeBardanForSomeAir Movement Gains Momentum as Mental Health Issues Come to the Forefront

What Can Be Done?

Bardan seeks solace in nature and encourages others to do the same. He believes connecting with the natural world can provide mental clarity and emotional relief amidst chaos. He loves the Royal Melbourne Botanical Gardens but can't visit alone anymore due to a violent incident.

"I am for reconnecting with nature as a means of coping with stress and anxiety," Bardan said. "Nature has a unique way of grounding us. When everything feels chaotic, stepping outside can provide clarity and peace."

"Nature has a unique way of grounding us," Bardan said. "In times of crisis, it's essential to find spaces where we can breathe freely and reflect."

Organizing community walks in local parks, promoting mindfulness practices, and sharing experiences with safe people and environments can help people cope.

Bardan hopes his personal lockdown will raise awareness and encourage action regarding prolonged exposure to violence. He encourages world leaders and their people to be vigilant and proactive.

Emre Bardan seeks to help create safe spaces where people can express their fears without judgment. He believes it's the responsibility of all people to come together and make these safe spaces, empowering individuals and organizations to contribute to a safer environment. These safe spaces are not just a luxury but a necessity in today's world.

About Emre Bardan

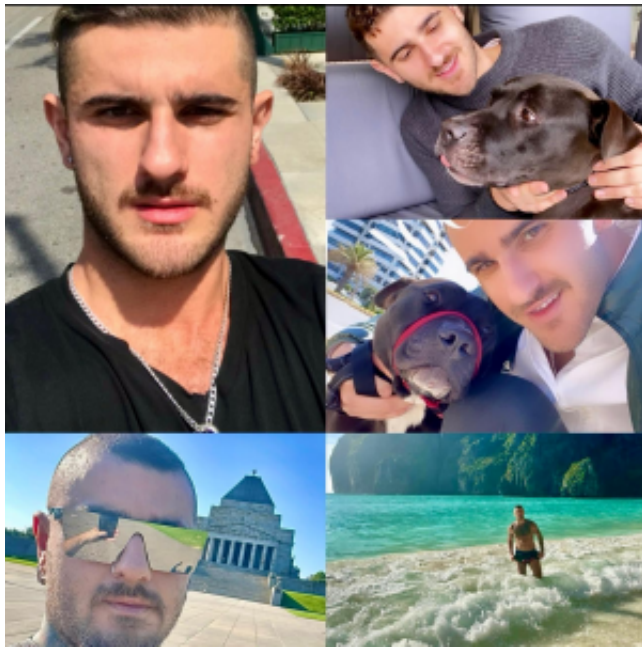
Emre Bardan is a renowned Australian celebrity hair artist, entrepreneur, and new author who has changed the fashion industry with his innovative hairstyling techniques and trendsetting creations. He is also an international social media influencer with over 1.7 million devoted followers on Instagram alone.

Follow Emre Bardan on Linked In

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