WHAT IS MENTAL HEALTH?

Ways to Maintain Positive Mental Health Include...

- Connect with others
- Stay positive
- Physical activities
- Help others
- Get enough sleep
- Develop coping skills
- Get professional help, if you need it

What is Mental Health?

Mental health includes your emotional, psychological, and social well-being, and affects how you think, feel, and act. It also helps determine how you handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Good mental health is about being able to work and study to your full potential, cope with day-to-day life stressors, be involved in your community, and live your life in a free and satisfying way. A person who has good mental health has balance in their life and the ability to cope with change and challenges.

Early Warning Signs of a Mental Health Concern

- Eating or sleeping too much or too little
- Inability to maintain daily tasks like school work, hygiene, and eating
- Pulling away from people and daily activities
- Low or no energy
- Feeling helpless, numb or like nothing matters
- Thinking of hurting yourself or others
- Unexplained aches and pains
- Smoking, drinking, juuling or using illegal drugs
- Unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Severe mood swings
- Persistent thoughts you can't get out of your head
- Hearing voices or believing things that are not true

Positive Mental Health Allows You To...

- Realize your full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to your community, family, and friends

Myth vs. Fact

MYTH: *Children don't experience mental health problems.*

FACT: Even very young children may show early warning signs of mental health concerns.

- These mental health problems are often clinically diagnosable, and can caused by biological, psychological, and social factors
- Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24

MYTH: *There is no hope for people with mental health problems.*

FACT: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

MYTH: *Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.*

FACT: Mental health problems have nothing to do with being lazy or weak and many people need help to get better.People with mental health problems can get better and many recover completely. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

Useful Websites & Phone Numbers

Crisis Text Line

Text HOME to 741741 in the US for FREE 24/7 crisis support.
www.crisistextline.org

National Suicide Prevention

Lifeline: 1-800-273-TALK (8255)
suicidepreventionlifeline.org

safespace

a youth engagement organization dedicated to changing the way young people think about mental health issues.