What is mental health?

WE ALL HAVE MENTAL HEALTH
THE SAME WAY WE HAVE PHYSICAL HEALTH.

A Report of the Surgeon General notes that mental health and mental illness are not mutually exclusive categories but are points on a continuum ranging from positive mental health through mental health problems to mental illnesses.

Mental health is important at every stage of life and plays a critical role in shaping your social, emotional, and cognitive development, all parts of a healthy brain.

Mental health includes all states of health, from wellness to challenges to illness, and describes your state of emotional, psychological and social well-being, which affects the way you think, feel, and behave.

JUST LIKE PHYSICAL HEALTH, MENTAL HEALTH LIES ON A CONTINUUM.

Throughout life, all humans experience periods of fluctuation in both physical and mental health, particularly during childhood, as a person's body grows, develops, and builds up immunity.

Research shows that children's brains develop well into their mid-20's. It is important to know that your emotions and behaviors **CAN BE** signs that you are struggling with your mental health, which can happen for a multitude of reasons or for no apparent reason at all.

IF YOU ARE CONCERNED ABOUT YOUR MENTAL HEALTH, ASK THE FOLLOWING QUESTIONS:

INTENSITY: How intense are my behaviors, thoughts, or emotions?

FREQUENCY: How often do I feel or behave this way?

DURATION: How long do these individual episodes or periods last?

FUNCTIONALITY: Above all else, how well am I functioning in life? Am i impaired in any way at home, at school or with friends?

Emotions or behaviors that are more intense, frequent, or longer in duration than most friends your age, and that are causing impairment, may be signs of concern that indicate that consulting with a mental health professional may be necessary.

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