

**THE YOUTH**   
**MENTAL HEALTH PROJECT™**

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**1 IN 5 YOUTH**

has a diagnosable  
mental health  
condition

**5 IN 5 YOUTH**

have mental health!

We all have  
mental health

Just like  
physical health

# WHAT HAVE YOU DONE FOR YOUR MENTAL HEALTH TODAY?

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## TALK

It's OK to talk about your emotions!

## REACH OUT

You are not alone!  
1 in 5 youth struggles with a mental health condition

## CARE FOR YOU

Exercise  
and eat healthy food

## PAUSE

Stop to breathe,  
meditate or be mindful

## GET SLEEP

Sleep deprivation  
effects brain and body  
development at any  
stage of life

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