

MENTAL HEALTH

What is it?

Mental health includes our emotional, psychological, and social well-being. It can affect a whole range of actions including how we think, feel, and act. Mental health also determines how we handle stress, relate to others, and make choices. It is important throughout every stage of our life, from childhood all the way through adulthood. You may experience mental health problems through the course of your life, and many factors contribute to this including, biological factors, life experiences, and family history.¹

Early Warning Signs

If you or someone you know is experiencing one or more the the following feelings or behaviors, it can be an early warning sign:¹

- Eating or sleeping too much or too little
- Having low or no energy
- Pulling away from people & usual activities
- Feeling helpless or hopeless
- Experiencing severe mood swings that cause problems within relationships



Mental Health & Wellness

It is important to keep up with mental health because positive mental health can allow you to realize your full potential, cope with the stresses of life, work productively, and make meaningful contributions to your community. Some ways to maintain mental health if you feel you need it would be to get professional help, connect with others, getting physically active, developing coping skills, helping others, getting enough sleep, and talking with others if you are struggling.¹

