

MENTAL HEALTH



A state of psychological, physical and social well - being
It affects how you think, feel and act.
Its okay not to be okay!

What are the signs of mental health struggles?

- Sadness all the time
- Anger or irritability
- Trouble sleeping
- Eating too much or too little
- Lack of interest in the things you used to love.



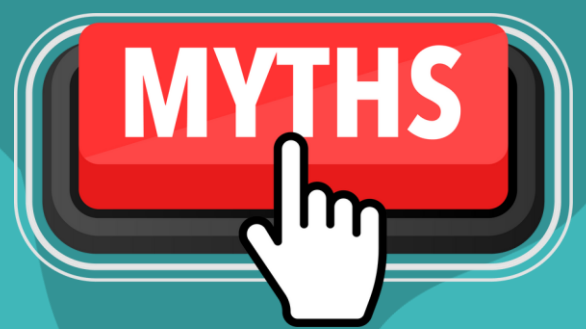
What happens if mental health is ignored?

- Relationships may break down
- Physical health may suffer
- Risk of harmful behavior like alcohol, self-harm or violence



Mental health is not...

- A sign of weakness.
- A curse or punishment.
- Something to be ashamed of.
- Only for 'mad' people.



How Do You Take Care Of Your Mental Health?

- Rest, walk or take time alone.
- Talk to someone you trust.
- Physical exercises.
- Seek help from a professional counselor.



LET'S BREAK THE STIGMA!