

Understanding Mental Health

Brought to you by: 

Mental health is an essential part of our overall well-being. It affects how we think, feel, and act, how we handle stress, relate to others, and make choices. With the right support and resources, everyone can take steps toward better mental health.



What can affect mental health?

Many factors can influence mental health, including

- Genetics and family history
- Life experiences (trauma, or major changes)
- Stress (work, school, finances, relationships)
- Physical health conditions
- Substance use
- Lack of sleep, physical activity, or social support



Common Signs of Mental Health Concerns

These signs can vary from person to person and may come and go

- Persistent sadness, worry, or feeling empty
- Loss of interest in activities
- Changes in appetite or sleep
- Difficulty concentrating
- Feeling overwhelmed, irritable, or on edge
- Lack of energy or motivation

If these symptoms last weeks and interfere with daily life, it may be time to seek support.

What You Can Do



Take Care of Your Basics

Build healthy habits with regular sleep, nutrition, movement, and hydration.



Stay Connected

Strong relationships and social support can improve mood and reduce stress.



Manage Stress

Use healthy coping strategies such as deep breathing, mindfulness, or journaling.



Talk About It

Talking with someone you trust or a mental health professional can make a difference.



Seek Help When Needed

Asking for help is a strength and an important step toward feeling better.

Accessing Support

A variety of resources are available to support mental health, including healthcare providers, community programs, and national helplines. Seeking guidance is an important step in managing overall well-being.