

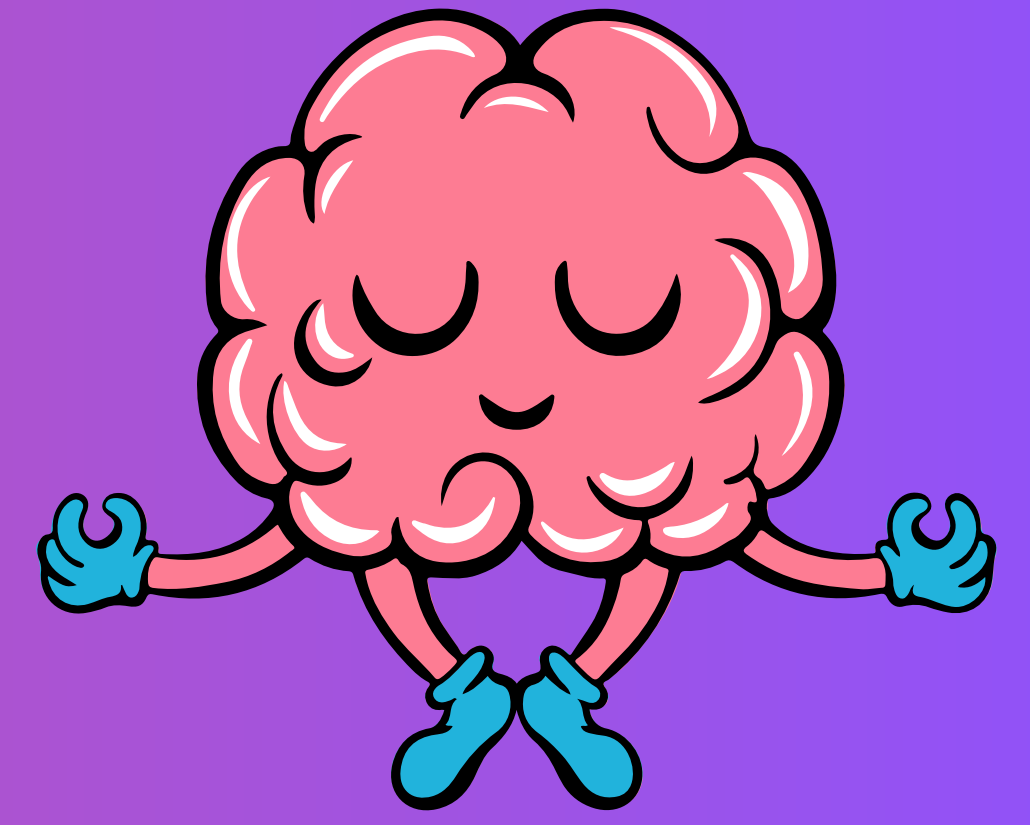


MENTAL HEALTH AWARENESS



What is Mental Health?

A person's condition with regard to their psychological and emotional well-being.



What is the purpose of mental health awareness?

- Educate people about available services, and highlights ways to advocate.
- Understand the impact that it has on our daily life

Why is it important to raise awareness about Mental Health ?

- Reduces the stigma and discrimination associated with mental illness and seeking treatment.
- Encourages those who are suffering to seek help and find a support network.



How can we deal with our mental health?

- Valuing yourself
- Take care of your body and yourself
- Surround yourself with good people
- Learn how to deal with stress
- Avoid using harmful substances
- Seek professional help



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