



Mental Health

An overview of external effects on one's mental health and behaviors.

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What is Mental Health?

Our mental health affects how we think, feel, and act as we cope with life.

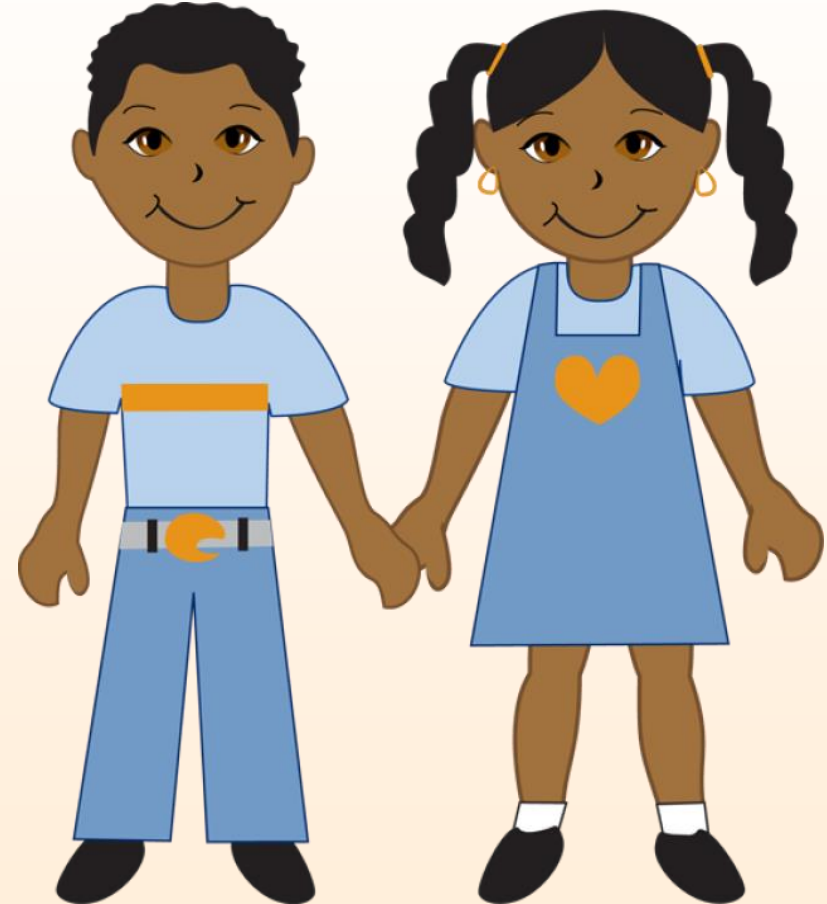
It also helps determine how we handle stress, relate to others, and make choices.



Age and Gender

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Boys and girls act and feel differently. This is normal and part of who you are.



Relationships

Your relationship with others is important in keeping good mental health. This includes relationships with your parents, siblings, friends and community members.



Environment

Where you live has a direct affect on your mental health. Living in a clean, safe home and community is good for your mental health. When you live somewhere that is unsafe, your mental health becomes stressed.



Effects of Negative Environments

Children that grow up in negative environments may have mental problems as they become a young adult.

Anxiety, fear, low self-esteem, pent up anger can turn to mental illness or addiction.



Emotional problems

Mental health includes our emotional, psychological, and social well-being.

Sometimes people that feel alone and without support turn to other negative behaviors like drugs or alcohol.



Mental Illness

Mental illness refers to a wide range of mental health conditions that affect your mood, thinking and behavior.

Examples include depression, extreme anxiety, schizophrenia, eating disorders and addictive behaviors.



It's ok to cry

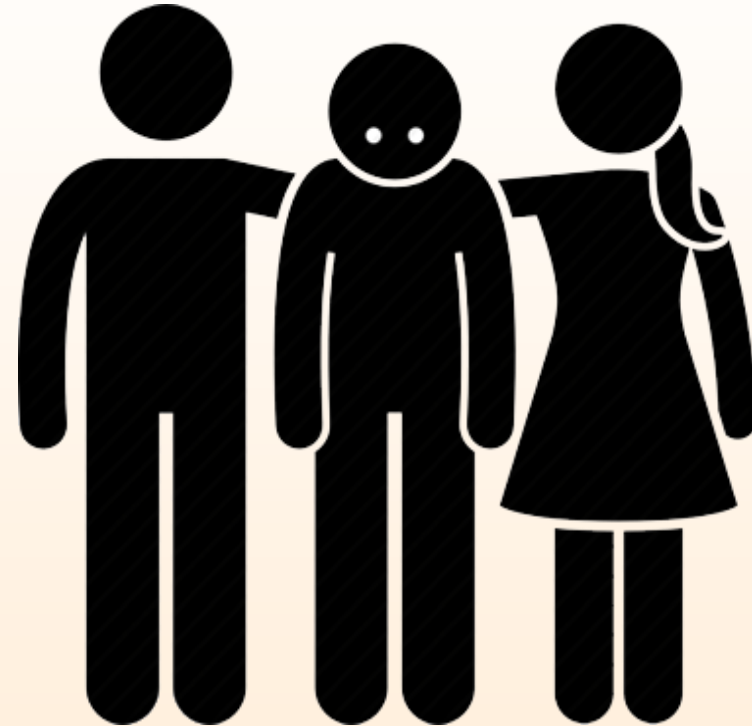
It's okay to cry when you are feeling really sad. Being sad does not mean that you have a mental disorder.

Everyone has moments when they feel sad. The more you talk about your feelings with someone you trust, you will discover that you are not alone.



Caring for your mental health

To prevent mental disorders like severe anxiety, drug or alcohol addiction, we need to talk to each other when life gets hard.



Sharing With Others

If you are always struggling with your emotions, you may want to find a support group.

Support groups are groups of people just like you. It helps to share how you feel to find out that you are not alone.



When you need professional help

If you feel sad and depressed all the time, you may need to see a professional listener called a psychologist. The psychologist is trained to help people that may need help.



Friends Listen

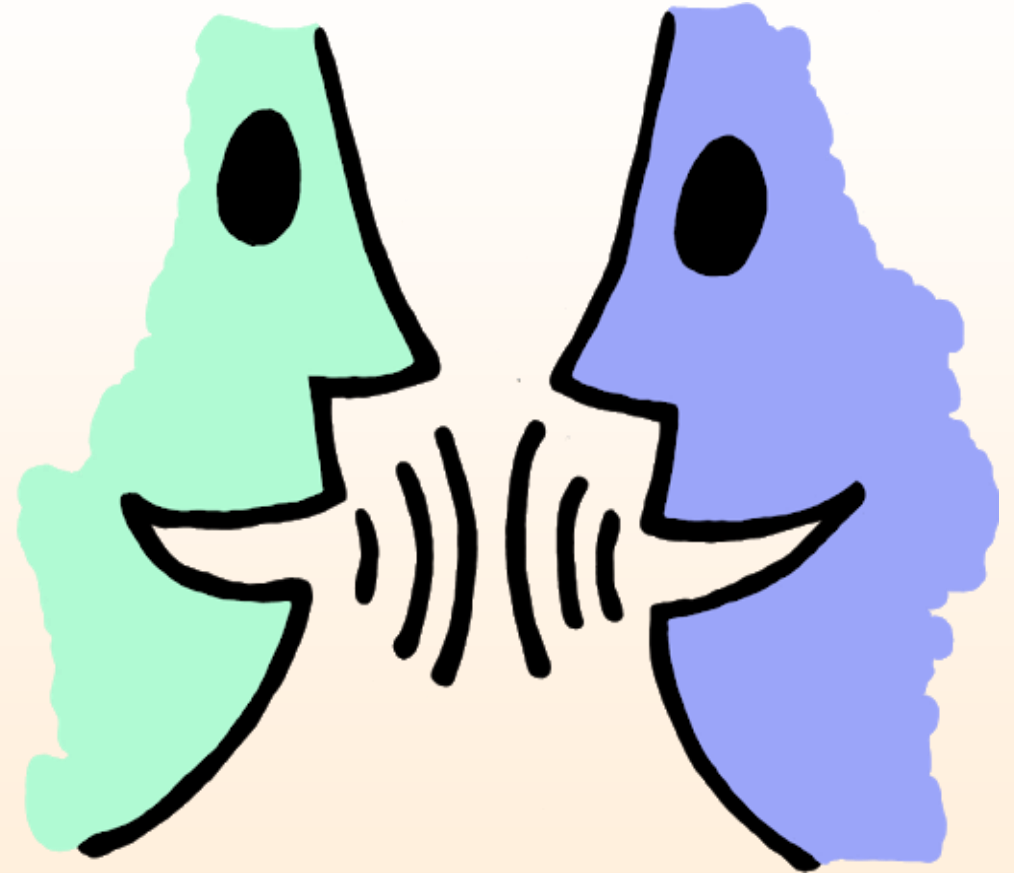
You may not have any emotional problems but have a friend that is struggling with depression.

Let your friend know that you are there to listen. We may not understand everything they are feeling, but you will help just by listening.



Just Checking on You

When you see someone sad,
ask them, “Is everything okay?”
Sometimes we just need to know
that someone cares.
Caring for others is a good way to
keep your mind and body healthy.



References

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