The Types page displays content about the common different types of mental illnesses, information about their respective causes, signs and symptoms as well as ways for you to self-cope.

TYPES

This page displays brief information about mental health in general (what it is and the general facts about it) and displays a video that educates you about mental health.

HOME

MYTHS & TRUTHS

SUPPORT

The Support page displays the hotlines and mental health support groups that you can reach out to when in need of any assistance or urgent help. It also contains the Chabot that you can engage with when in need of talking to someone right there and then.

This page informs you about the myths that people believe are true regarding mental health and mental illnesses as well as the respective facts, the aim being reducing stigmas surrounding mental health and illnesses.