

# Mental Health

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What is it?  
Why is it important?  
How can you help  
yourself?  
How can you help others?

[Get started](#)

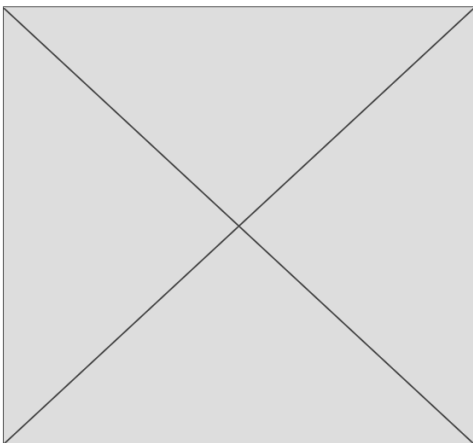
[Start Spreading Awareness](#)

## HERO IMAGE

"Insert quote here"

We set out to hear the stories of the many men and women who battle with mental health problems every day.

[Listen to their stories](#)



## Guidance on how to manage depression.

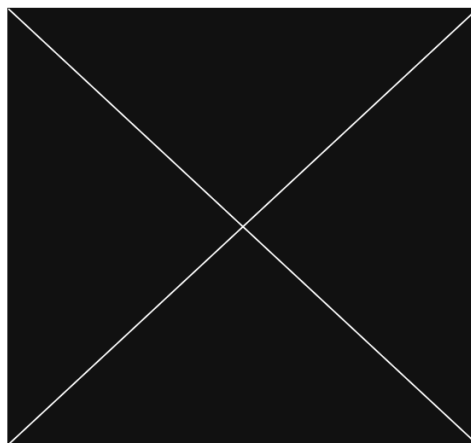
Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. You may have trouble doing normal day-to-day activities, and sometimes you may feel as if life isn't worth living.

[Learn about dealing with depression](#)

## Guidance on how to manage anxiety.

Anxiety is a feeling of uneasiness, usually defined as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by restlessness, fatigue and problems in concentration.

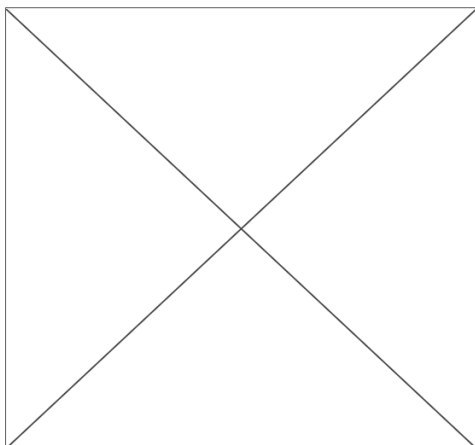
[Learn about dealing with anxiety](#)



## Guidance on how to manage PTSD.

Post-traumatic stress disorder is a condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares, and uncontrollable thoughts about the event.

[Learn about dealing with PTSD](#)





Receive mental health guidance from professionals.

Join our email list to receive monthly news about events from our community, support articles, written testimonials, tips from industry professionals, and more.

Enter your email address.

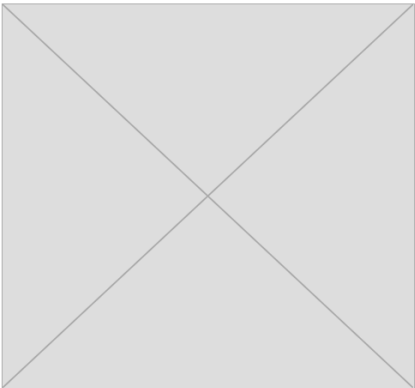
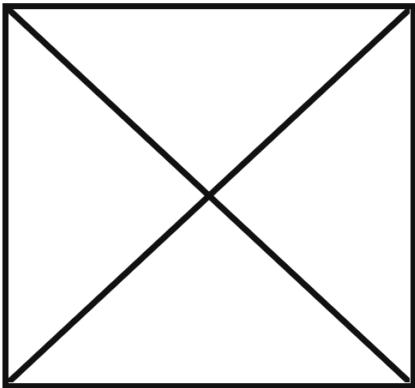
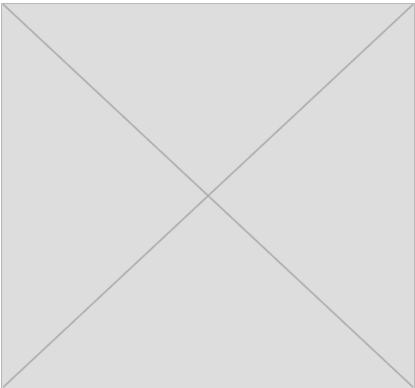
Sign up now

HERO IMAGE 2

\*insert community image from the organization\*

Purchase inspirational clothes in our online store.

All profits are donated to the National Suicide Prevention Lifeline.





# HERO IMAGE 3

**Let's fight mental health stigma together.**

Join our Mental Health Awareness community and educate yourselves as well as others around you about the different mental health issues worldwide.

Get started

**Get real support from real people.**

### **Call an emergency lifeline**

The lifeline provides 24/7, free, and confidential support for people in distress and who are thinking of hurting themselves.

**Call them here**

### **Support Center**

Access helpful tips, articles, videos, and more resources to get help when confronting your mental health struggles.

**Visit our Support Center**



Around **1 in 5** children and adolescents in the world have a mental disorder.

**264 million** people in the world are affected by depression.

Half of the mental health disorders begin before the age of **fourteen**.

**Every 40 seconds** one person dies from suicide.

People with severe mental disorders die **10-20 years** earlier than the general population.

Rates of mental health workers can reach below **0.00002%** of the population in low-income countries.

The global economy loses about **\$1,000,000,000,000** per year due to depression and anxiety.

**Over 40%** of countries have no mental health policy.

**Up to 60%** of people with depression can recover with a proper combination of anti-depressants and psychotherapy.

Around **one billion people** globally have a mental or substance use disorder.

Mental health disorders are more prevalent in **women and the poor**.

# What can you do now with this information?

**Learn about ways to protect your  
mental health.**

**Learn about ways to protect the mental  
health of others.**

**Get started**

**Start Spreading Awareness**



# What to do if you are struggling with mental health problems?

## International Suicide Hotline Numbers

### United States

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

**Phone:** 1 800 273 TALK (8255)

Lifeline Crisis Chat

<http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx>

### Worldwide

## Looking after your mental health

### Adopting a healthy lifestyle.

Regular exercise, a balanced diet, and a disciplined sleeping schedule can boost your self-esteem and help your concentration. A healthy lifestyle will also increase dopamine production in your brain and make you feel more rewarded for your work.



## **Drinking in moderation.**

Drinking alcohol is not a safe way to cope with mental health difficulties, as alcohol withdrawal symptoms end up negatively affecting your brain and the rest of your body. Stay within the recommended weekly alcohol limits of 14 units for both men and women.

## **Talking about your feelings.**

Do not be afraid to talk about your feelings with close family members, friends, or anyone else you prefer. Just being listened to can help you feel more supported. Remember, talking about your feelings is not a sign of weakness but rather a sign of taking charge of your wellbeing.

## **Asking for help.**

We all sometimes get tired or overwhelmed by how we feel when things go wrong. Do not be afraid to ask someone for help in these situations. You could join a support group, find a counselor, or visit a guidance practitioner. You could also talk to an emergency hotline.

## **Keeping in touch.**

Strong family ties and supportive friends can help you deal with the stresses of life by caring for you and keeping you grounded. They can also offer different points of view and help you have perspective over various issues. In essence, they can help you appreciate life more.

## **Taking a break.**

A change of scenery can be enough to de-stress you. Make sure you often take breaks from work or other stressful environments, even if it's only for a few minutes. Listen to your body. Listen to your mind. Sometimes the outside world can wait.

## **Accepting who you are.**

Always remember that you are unique, you are beautiful, and you are valued. Try to learn to feel good in your body rather than wishing to be more like someone else. Accepting who you are is vital for learning new skills, moving on from failures, and being more social.

## **Learning to cope with different forms of mental disorders.**

### **Depression.**

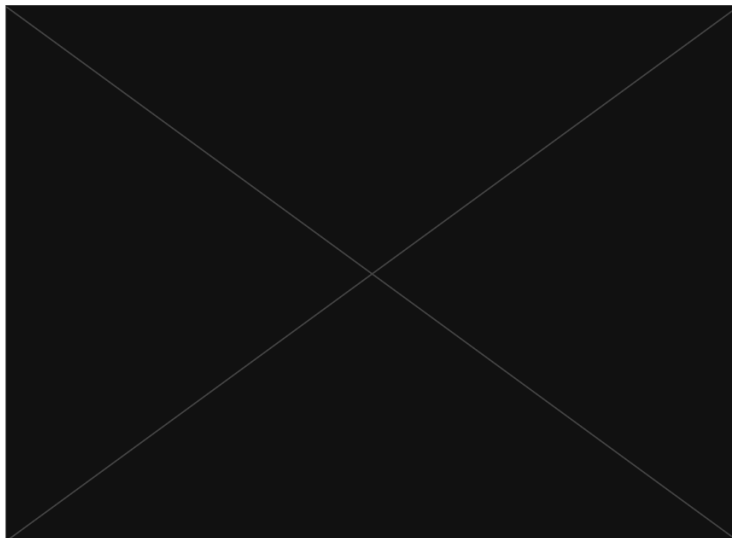
- **Find a routine and stick to it.**
- **Face your fears.**
- **Try psychological therapy.**
- **Don't shy away from taking antidepressants.**
- **Challenge negative thinking.**
- **Purchase a light therapy box.**
- **Adopt cognitive behavioral therapy.**

### **Anxiety.**

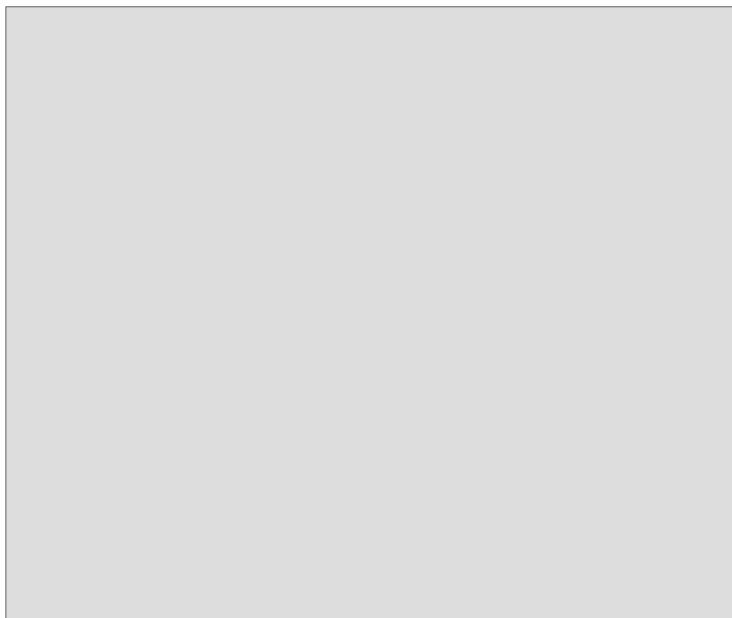
- **Identify and learn to avoid your triggers.**
- **Find coping techniques to limit triggers in environments you cannot change.**
- **Try cognitive behavioral therapy.**
- **Discover strategies to cope with panic or anxiety attacks.**
- **Use calming breathing exercises.**
- **Put your anxiety into perspective.**

## Mental health resources.

### Videos.

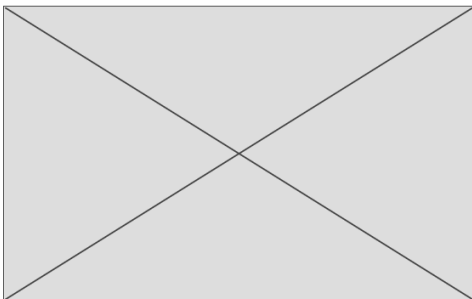


### Articles.





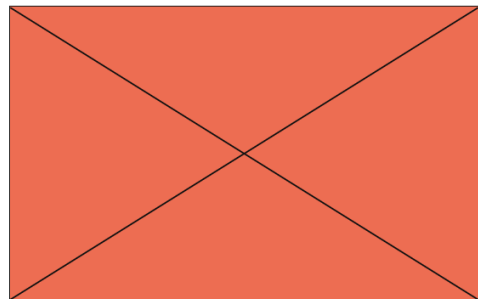
# What to do if you know someone who is struggling with mental health problems?



## Understand that your support is important.

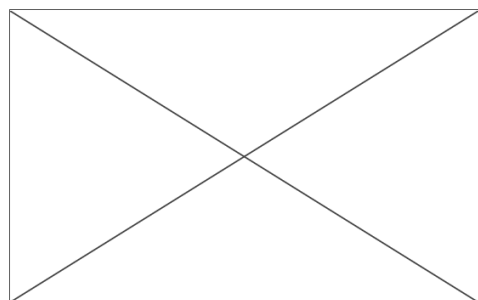
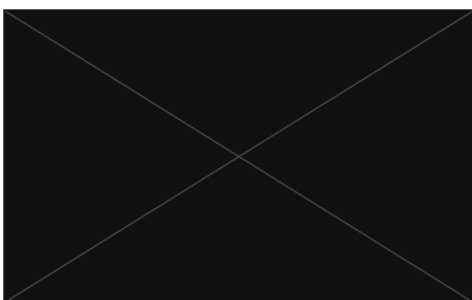
The small things we say or do can make a big difference to the person going through a mental struggle.

Even a simple recognition of someone's struggles can offer great relief to that person.



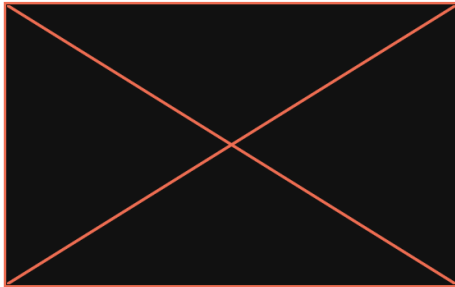
## Do not be afraid to start the conversation.

Due to mental health stigma, a person may not feel comfortable starting the conversation around their struggles. Do not be afraid to take the first move. They will greatly appreciate it, even if they do not explicitly say so at first.



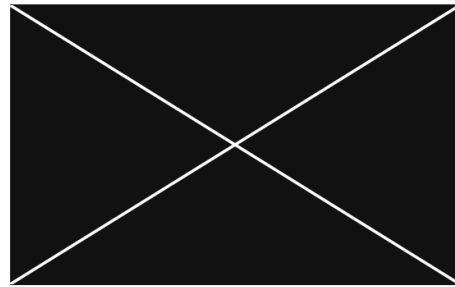
### **Try your best not to feel upset or get emotional.**

It is normal to feel upset if someone you care about is struggling. But staying calm and composed will give them more self-assurance and increase their confidence to openly talk about their struggles.



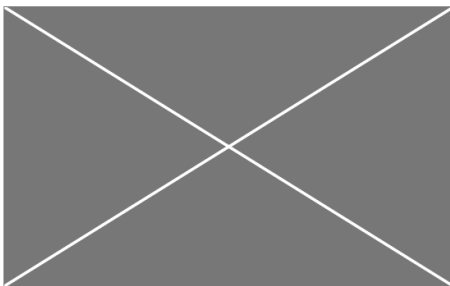
### **Stay connected and check up on them.**

Do not feel obliged to always be there for them, but staying connected (physically or virtually) and checking up on them every once in a while will give them much needed support if they are going through a tough period.



### **Offer practical help whenever you can.**

Little acts of kindness, like offering to do the groceries for them, doing the dishes for them, or going to appointments with them will offer extensive psychological support and re-assure them that you will always be there for them.



### **Do not force your support or go behind their backs.**

Do not force someone to talk to you or get help if they feel uncomfortable, and especially do not go to a professional on their behalf. This will make them feel powerless and think that they cannot speak for themselves.



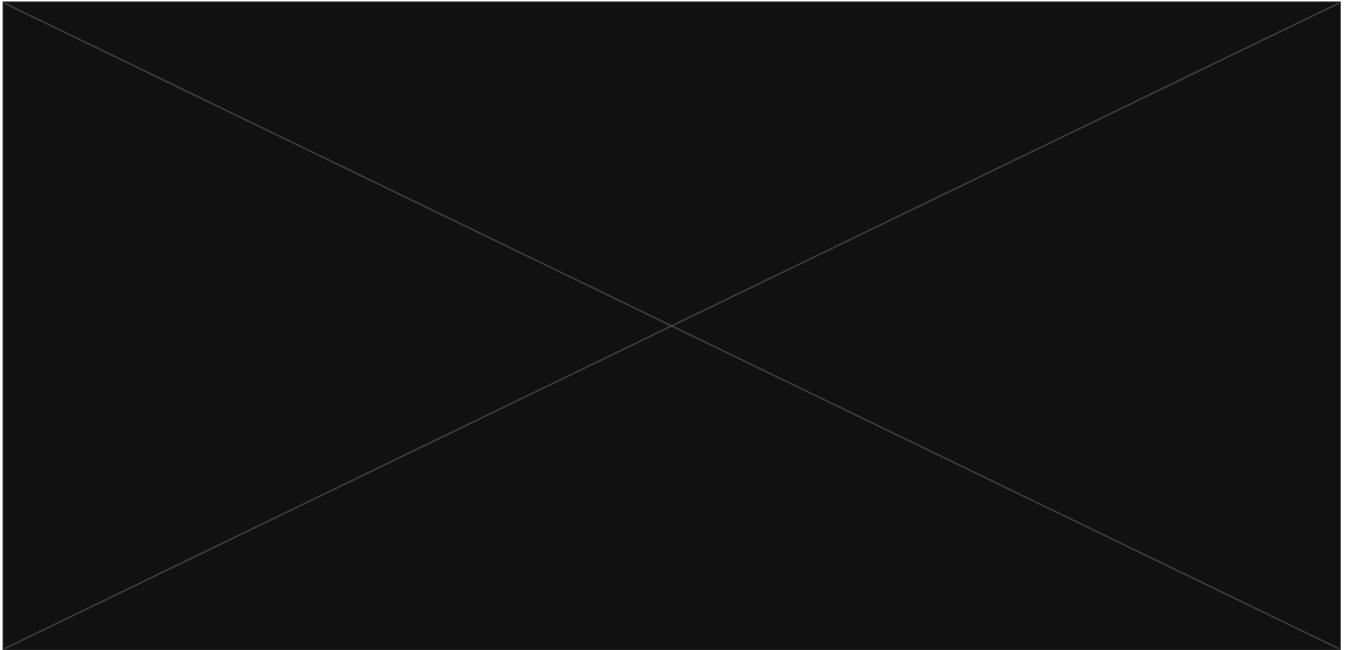
### **Take care of yourself throughout the process.**

When taking care of someone, do not forget to take some "me" time in the process. Take some time off to relax and do something you enjoy. Neither you nor the person you are helping will benefit if you are constantly under distress.

### **Attempt to connect them with professional help.**

If you feel helpless in supporting them or if you feel that their mental health is affecting their daily lives and they may benefit from further support, try to get them to talk with industry professionals who are specialists with such issues.

**Support others the same way you  
would like someone to support you.**



**How to help others if you do not know  
of anyone who has mental struggles.**

**Call a friend or a family member to see  
how they are doing.**

**Smile at a stranger in the street.**

**Laugh at a joke if no one else is  
laughing, even if you did not find it  
funny.**

**If you see someone who is shy or who is alone, talk to them and invite them to hangout with you and your friends.**

**Do not spread gossip about people.**

**Volunteer for a mental health organization.**

**Donate money to a mental health charity.**

**Spread the word on mental health and help fight mental health stigma.**



**Spread the word** by educating the people around us on various mental health issues.

**Let's fight mental health stigma together!**

**Reasons why talking about mental health matters.**

**To combat mental health stigma.**

The stigma surrounding mental health is still very much prevalent up to this day. This stigma forces a lot of the brave people struggling with mental illnesses and disorders to keep their heads down and their mouths shut. This can prevent us from recognizing when we need to reach out for help and possibly save somebody's life.

Talking about mental issues allows us to discover just how common it is in everyday people. It will also provide us with the opportunity to correct common misconceptions and established prejudices.

**To encourage action.**

By creating discussions around the topic we will feel comfortable enough to recognize when we need help and have the knowledge of where to seek it. Being more open about mental health struggles will foster a more transparent community, where people will understand that they are not alone in their inner battles.



**To maintain good mental health.**

Mental illness is only one aspect of mental health. All of us have mental health that we should learn to cherish and nurture. Talking about mental health can encourage us to improve our inner well being regularly. Various tips and tricks to bolster our mental health should be given in the same casual manner and frequency as it is with our physical health.

**Ways to fight mental health stigma.**

Educate yourself and others around you on the issue of mental health.

**Don't buy into the stigma.**

Create or join a support group.

**Empower the people who are struggling.**

Speak up loudly against the stigma.

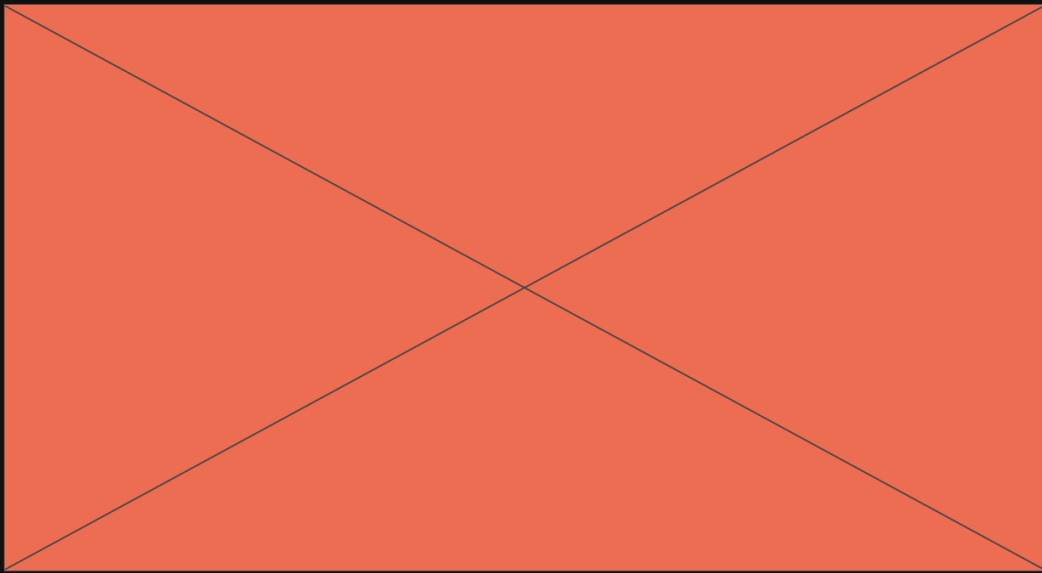
**Share your own experiences.**

Be conscious of your language.

**Recognize people's identity outside of their illnesses.**

Support mental health organizations and crises centers.

**Become an advocate.**



**Join us on 10 October for  
World Mental Health Day!**

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