

MENTAL HEALTH AWARENESS

LET'S TALK ABOUT MENTAL HEALTH



BELIEVE YOU



Stronger than this challenge and this too shall pass

SYMPTOMS

Feeling unhappy
sleep problem
emotional outbursts
changes in behaviour



FACTORS INFLUENCE MENTAL HEALTH

Autonomy, environmental mastery, personal growth, positive relations with other, purpose in life, and self-acceptance.



TREATMENT

Psychological therapies can be helpful for most people affected by mental health issues.



FOR MORE INFO, GO TO:
WWW.verywellmind.com

