

PREVENTION MENTAL ILLNESS

WHAT IS IT??

A broad spectrum of mental health illnesses that impact your mood, thoughts, and behavior are collectively referred to as mental illness, often known as mental health disorders. Anxiety disorders, eating disorders, schizophrenia, depression



1

GO TO SEE A DOCTOR

See your primary care physician or a mental health expert if you exhibit any indications or symptoms of a mental illness. The majority of mental diseases do not get better on their own, and if left untreated, they can worsen over time and result in major issues.

2

TAKE A GOOD CARE OF YOURSELF

Maintaining a nutritious diet, getting enough sleep, and engaging in regular exercise are crucial. Strive to stick to a routine. If you have issues regarding your food and physical activity, or if you have difficulties falling asleep, speak with your health care physician.

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GET HELP WHEN YOU NEED IT

If you wait until your symptoms get worse, treating mental health issues may become more difficult. Long-term maintenance therapy may also assist in avoiding a symptom return.



4

GET ROUTINE MEDICAL CARE

Don't miss check-ups or appointments with your primary care physician, particularly if you're feeling under the weather. It's possible that you need to treat a recent health issue or that you're having drug side effects..

