Mental health matters

Mental health
You are not the bad feelings you get in your head. You are not the storm you walk through. You are the person experiencing the storm. The storm may knock you off your feet. But you will stand once again. Either the weather will change or you will find shelter. Hold on.

If you are experiencing mental problems, talk to someone. It might seem stupid but it helps. Even through suicide thoughts.
Reach out to people you might not be able to see people in person, but you can call people. Take time to breathe and tell that voice in your head that it is wrong.

Life can be difficult, but you have to get through it. If you don't get through it, it will haunt you all through your life. TALK TO SOMEONE!
Types of mental illness

- mood disorders
- anxiety disorders
- personality disorders
- psychotic disorders
- eating disorders
- trauma related disorders
- substance abuse disorders

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

How to look after your own mental/health

2. Keep active
3. Eat well
4. Keep in touch
5. Drink sensibly
6. Ask for help
7. Take a break
8. Do something you're good at.
MENTAL HEALTH MATTERS
I'm gonna give you advice. You might not think it's great because I am an 11 year old middle schooler but trust me on this one. First of you are stronger and more worthy than you think. Don't say you are not! Tell that voice in your head that "I'm moving on, I will not listen to you for I am human," did that feel good, now breath you are not a mistake, you are not that bad person you are you and that's all the world asks for. God got me through that.
Believe in your self!!

COVID-19

Covid-19 has been hard for us all. It has been really hard for people with mental issues because we haven't been able to talk to people. We will get through this together, even through the hardest times.