

mental health matters

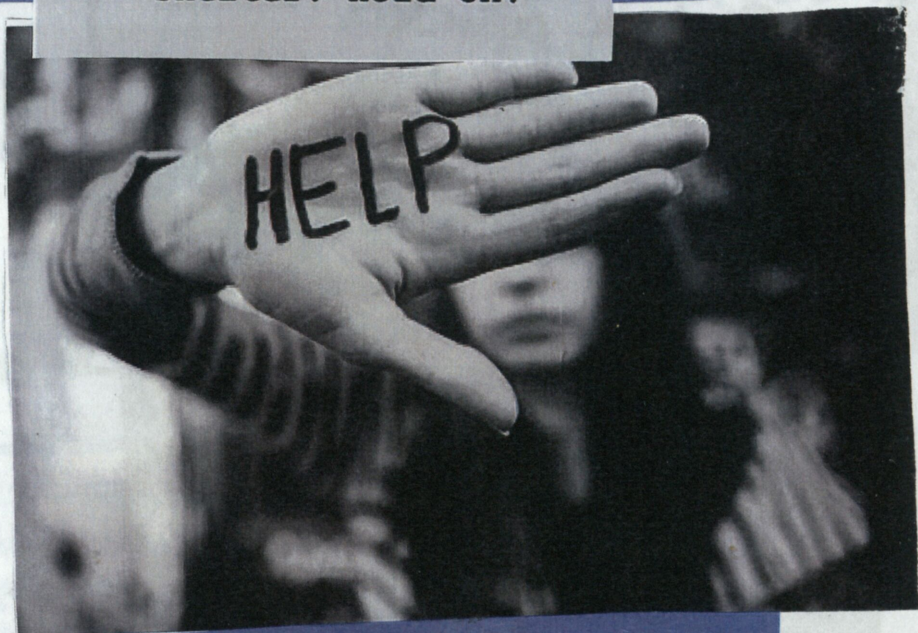
mental  
health





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.*




mental health matters

# Reach out



Reach out to people  
you might not  
be able to see  
people in person,  
But you can call  
people. Take time  
to breath and  
tell that voice  
in your head  
that it is wrong.



Life can be  
difficult, but  
you have to  
get through  
it. If you  
dont get  
through it  
It will hurt  
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 your good at.








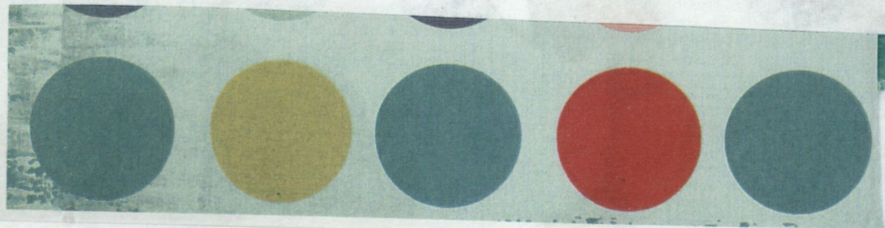
# MENTAL HEALTH

M MATTERS





I'm gonna give you advice. You might not think its 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 thats all the world asks for. God got me through that.







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COVID-19

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

BELIEVE  
IN YOUR  
SELF!!

