

# CARE FOR YOURSELF AND OTHERS

#MentalHealthAwareness

YOU ARE NOT ALONE...



1 in 5 U.S. adults experience mental illness

1 in 25

1 in 25 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

## MENTAL HEALTH

Mental health is our emotional, psychological, and social well-being.



## THE STIGMA

Some believe the phrase "mental health" is negative.



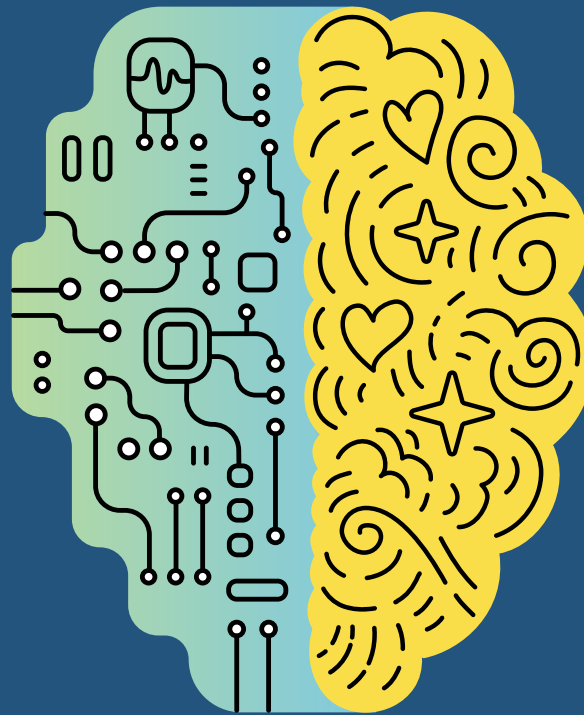
## THE TRUTH

Good mental health allows people to realise their potential, work productively, cope with stress, and positively contribute to the community.



## KNOW THE SIGNS

- Excessive worry or fear
- Feeling sad or low
- Confused thinking
- Problems concentrating or learning
- Extreme mood changes
- Strong irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to others
- Changes in sleep habits
- Changes in eating
- Difficulty perceiving reality
- Substance abuse
- Multiple physical ailments such as headaches and stomach aches
- Inability to carry out daily activities or handle problems and stress
- Thoughts of suicide



## JOIN THE CONVERSATION

Talking about mental health openly helps reduce the stigma and increase support.



## LEARN

Educate yourself and your children about mental health



## BE A FRIEND

Listen to and support others with mental health concern



WE CAN HELP →

Suicide and Crisis Hotline: 988 or text 741741  
Kern Mental Health Hotline: 1-800-991-5272  
Your information will remain anonymous.



NEED HELP?  
WANT MORE INFORMATION?