

Mental Health Matters

May is Mental Health Awareness Month



It's **always** a good time to start working on your mental health.

TAKE A FREE MENTAL HEALTH TEST:
[MHASCREENING.ORG](https://mhascreening.org)

WHEN YOU FEEL

@crazyheadcomics



REMEMBER, IT'S OKAY NOT TO BE OKAY, AND SEEKING SUPPORT IS A SIGN OF STRENGTH. YOU ARE VALUED, AND YOUR WELL-BEING MATTERS!

your
Mental
HEALTH
MATTERS

things to say when you're not "fine"

I'm actually going through some stuff.

I'm having a day / It's been one of those days.

I'm on the struggle bus.

I'm feeling some kind of way.

Today is not my day.

four things affecting your mental health

1 Current events
A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2 Loneliness
Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3 technology
Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.

4 Social drivers
These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).

four ways to improve your mental health

1 take action
Try advocating for causes that are important to you - this can be therapeutic in its own way!

2 Find support
Whether it's friends, family, community spaces, or therapy, building a support system can help.

3 Set boundaries
Create a healthier relationship with technology by limiting your screen time.

4 Develop skills
Invest some time figuring out the best coping skills to help you healthily manage your feelings.

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