



Mental Health Month

1 in 5 adults in America experience a mental illness

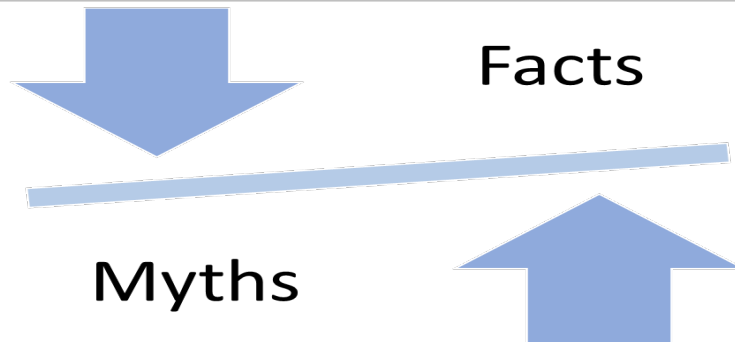
WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Early Warning Signs:

- Eating or sleeping too much or too late
- Inability to perform daily tasks
- Pulling away from people and unusual activities
- Thinking of harming yourself or others

Mentalhealth.gov. (2017). *What is mental health?* Retrieved from <https://www.mentalhealth.gov/basics/what-is-mental-health> Reference:
Mentalhealth.gov. (2017). *Mental health myths and facts.* Retrieved from <https://www.mentalhealth.gov/basics/mental-health-myths-facts>



X *Children don't experience mental health problems.*

X *People with mental health problems are violent and unpredictable.*

X *Prevention doesn't work. It is impossible to prevent mental illnesses.*