

#### **WHAT IS MENTAL HEALTH?**

Mental health includes our emotional, psychological, and social well-being. Many factors contribute to mental health problems, including:

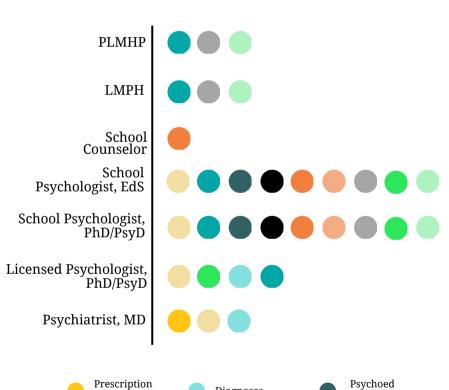
- biological factors, such as genes or brain chemistry
- life experiences, such as trauma or abuse
- family history of mental health problems



#### Early Warning Signs

- eating or sleeping too much or too little
- pulling away from people and usual activities
- having low energy
- feeling numb
- · having unexplained aches and pains
- feeling helpless or hopeless
- smoking, drinking, or using drugs more than usual
- feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- yelling or fighting with family and friends
- experiencing severe mood swings that cause problems in relationships
- having persistent thoughts and memories
- hearing voices or believing things that are not true
- thinking of harming yourself or others
- inability to perform daily tasks

#### Mental Health Providers & Services



#### Recovery is possible.

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

Recovery is a process of change through which individuals:

- improve their health and wellness
- live a self-directed life
- strive to achieve their full potential

# Prescription Medication Psychological Evaluation Academic Support Functional



Special Ed
Verification
School-Based
Therapeutic
Services

Evaluations



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**Emergency Medical Services:** 911

Behavioral

National Suicide Prevention Lifeline: Call or text 988

**Boys Town National Hotline:** 1 (800) 448-3000

**Find Treatment with SAMHSA:** www.samhsa.gov/

## Four dimensions of recovery

**Health:** overcoming or managing one's symptoms and making informed choices that support physical and emotional well-being

Home: having a stable and safe place to live

**Purpose:** engaging in meaningful daily activities, such as attending school, working a job, volunteering, caring for others, or being creative.

**Community:** building relationships and networks that provide support, friendship, love, and hope