



Intro Questions to Mental Health

Starting a mental health plan involves getting to know yourself. Explore what you already do, what works for you, and how you can grow in cultivating your mental health and wellness. Here are some questions to ask yourself, to get your mental health plan started.

What is Mental Health?

According to our government’s health and human services department (mentalhealth.gov), mental health is our emotional, psychological, and social well-being which can affect how we think, feel, and act. It also plays a role in how we handle stress, relate to others, and make choices.

What is going well in my life?

What is difficult to deal with?

How am I dealing with things that feel difficult?

What skills do I use in difficult situations that work for me?

What can I get out of having a mental health plan?

Having a mental health plan will help me achieve...
