

# MENTAL HEALTH

## IS...

**IMPORTANT**

SOMETHING EVERYONE HAS

LINKED TO PHYSICAL HEALTH

ON A CONTINUUM

worth making time for

**Part of being human**

SOMETHING WE NEED TO LOOK AFTER

**Positive & Negative**

**Changeable**

**Real**

**COMPLEX**

## ISN'T...

**A sign of weakness**

**Shameful**

**Something you can "snap" out of**

**ALL IN YOUR MIND**

**Always something negative**

**Something you decide to have**

**SOMETHING TO THINK ABOUT ONLY**

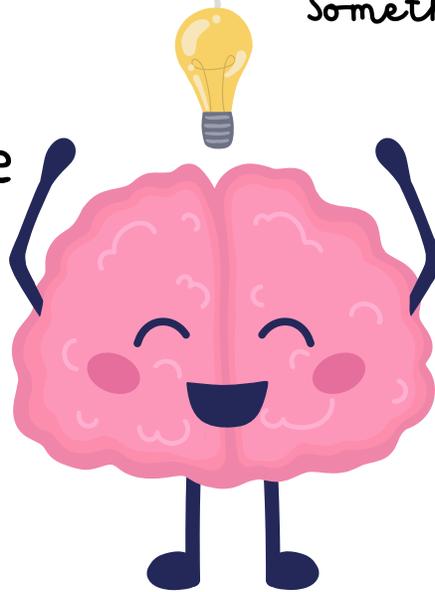
**WHEN IT FEELS BROKEN**

**interchangeable with mental illness**

**fake news**

**FIXED**

**FEELING GOOD ALL THE TIME**



WE ALL HAVE MENTAL HEALTH. LET'S WORK TOGETHER TO END THE STIGMA AROUND MENTAL HEALTH AND SEEKING HELP. IT'S OK TO NOT BE OK. IT'S OK TO ASK FOR HELP.

**THERE'S ALWAYS HOPE**  
**THERE'S ALWAYS HELP**



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