



Stigma surrounding mental health

Unfortunately, there is still a stigma surrounding mental health. This can make it difficult for people to seek help or talk about their struggles. It's essential to recognize that seeking help for mental health concerns is a sign of strength, not weakness.

How common is mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- Over 1 in 5 adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Mental Health Challenges

Everyone faces events in their day to day life which, if not addressed, could challenge their mental health. Common challenges include:

- Losses (loved ones, health, job)
- Employment (loss, new, retirement)
- Life events (wedding, pregnancy)
- Housing
- Relationships
- Finances / Legal
- Health / Illness



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Mental health is an essential component of overall well-being. It affects how we feel, think, and behave. Taking care of our mental health is crucial to living a healthy and fulfilling life.

Even positive life events can be stressful and require attention and care. Identify stressors, put good stress management techniques in place and take time to focus on personal needs to maintain balance with life events.

You're Not Alone



Social Services (242) 376-3538
Bahamas Crisis Centre (242) 328-0922

"Just because you don't understand it doesn't mean it isn't so."

Lemony Snicket



The importance of

MENTAL HEALTH

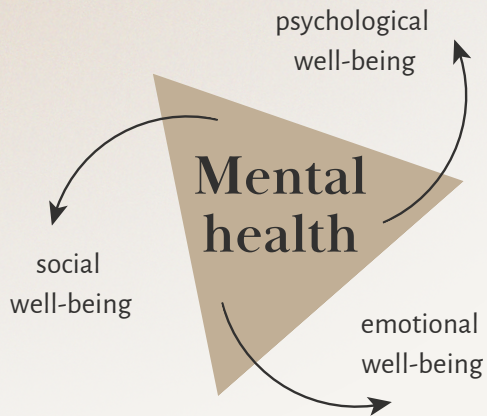


End The Stigma Now



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 healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Common Mental Health Concerns

- Depression
- Anxiety Disorders
- Bipolar Disorder
- Schizophrenia
- Eating Disorders
- Substance Abuse Disorders
- Obsessive-Compulsive Disorder (OCD)

Signs of poor mental health:

- Persistent sadness or hopelessness
- Excessive worry or fear
- Irritability or restlessness
- Changes in sleep or appetite
- Fatigue or loss of energy
- Difficulty concentrating
- Thoughts of suicide or self-harm

Treatment

Treatment for mental health conditions may include a combination of therapy, medication, and lifestyle changes. Some common forms of therapy include cognitive-behavioral therapy (CBT), psychotherapy, and mindfulness-based therapies.

Mental Health Affirmations

- I am enough
- I am in control of my thoughts
- All is well in my world
- I will get through today
- Only good things await me
- I can handle change
- I am doing the best I can
- I am worthy of love
- My thoughts and feelings are valid
- I am proud of myself
- Obstacles are just detours in the right direction

Ways to maintain good mental health:

Eat a balanced diet

Exercise regularly

Limit alcohol and drug use

Get enough sleep

Practice relaxation techniques, such as meditation or deep breathing

Connect with others

Build and maintain strong relationships with family and friends

Engage in activities that you enjoy

Take care of physical health through regular check-ups and managing chronic health conditions

Seek help early when experiencing symptoms