

Let's get  
healed

LET'S TALK  
ABOUT MENTAL  
HEALTH



## 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.

\*\*\*\*Follow me on Facebook @ let's get healed and on Instagram @ letsget\_healed. For more information related to mental health and wellness, you can also check out my web page [www.letsgethealed.com](http://www.letsgethealed.com)

# Taking care of your mental health



**Why is mental health important for overall health?** Mental health is important because it can help you: Cope with the stresses of life. 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. **Mental and physical health are equally important components of overall health.** For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.



**Can your mental health change over time?** Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.



**What should I do if I think I have a mental health problem?** If you have any signs or symptoms of a mental illness, **see your primary care provider or a mental health professional.** Most mental illnesses don't improve on their own, and if untreated, a mental illness may get worse over time and cause serious problems.