

# STAY CONNECTED



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Based in Atlanta, GA  
Service Area is Nationwide

## #HEALWELL



## WHAT IS MENTAL HEALTH?

Mental health encompasses our emotional, psychological, and social well-being. It affects how we think, feel, and act, influencing how we handle stress, relate to others, and make decisions. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

## WHY IS MENTAL HEALTH IMPORTANT FOR OVERALL HEALTH?

Mental health is crucial because it:

- Influences daily life: It impacts our ability to manage responsibilities, maintain relationships, and perform at work or school.
- Affects physical health: Poor mental health can lead to or exacerbate physical health problems such as heart disease and diabetes.
- Supports resilience: Good mental health helps us cope with life's challenges and bounce back from adversity.



# MENTAL HEALTH *matters*



## COMMON MENTAL HEALTH CONDITIONS

- Anxiety Disorders: Characterized by excessive fear or worry.
- Depressive Disorders: Persistent feelings of sadness or loss of interest.
- Bipolar Disorder: Extreme mood swings including emotional highs (mania) and lows (depression).
- Schizophrenia: A severe mental disorder affecting thought processes, emotions, and behavior.
- Post-Traumatic Stress Disorder (PTSD): Developed after exposure to a traumatic event.

## SIGNS OF MENTAL HEALTH ISSUES

- Changes in sleep or appetite
- Withdrawal from social activities
- Unexplained physical ailments
- Persistent feelings of sadness or hopelessness
- Excessive worry, fear, or guilt
- Mood swings
- Difficulty concentrating

## PROMOTING MENTAL HEALTH

- Stay Connected: Build strong, supportive relationships.
- Stay Active: Engage in regular physical activity.
- Eat Well: Maintain a balanced diet.
- Get Enough Sleep: Prioritize rest and recovery.
- Seek Help: Don't hesitate to reach out to mental health professionals when needed.



## SEEKING HELP

If you or someone you know is struggling with mental health, seeking help is a critical step.

Service options we provide include:

- Life Coaching and Therapy: Speak with a certified Christian Life Coach and/or be referred to a licensed mental health professional.
- Support Groups: Connect with others facing similar challenges.
- Self-Improvement Tools: Access tools in our digital self improvement library that address faith, mental health, and healing.

## RESOURCES

National Helpline:  
1-800-662-HELP (4357)

Crisis Text Line:  
Text HOME to 741741

Online Resources:  
Mental Health America  
[www.mhanational.org](http://www.mhanational.org)

MentalHealth.gov  
[www.mentalhealth.gov](http://www.mentalhealth.gov)

and NAMI.org  
<https://www.nami.org>