



HAIRAPY

Helping People Love Themselves Inside and Out

MENTAL HEALTH GUIDE



WHAT IS IT?

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 choices.

EARLY WARNING SIGNS

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Feeling helpless or hopeless
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

"When the righteous cry for help, the Lord hears, and rescues them from all their troubles."

-Psalm 34:17

STRATEGIES TO MANAGE

If you find yourself experiencing mental health symptoms, know that it is okay to reach out for the help. You will find some recommendations on how you can do this below.

- Do something that makes you feel good
- Journaling
- Therapy
- Talk to a friend
- Take a walk
- Cry, scream, yell
- Meditate
- Pray
- Exercise
- Sleep
- Read
- Medication
- Take a mental health day
- National Suicide Prevention Line (24/7)
1-800-273-TALK (8255)

LEARN MORE ABOUT HAIRAPY

Learn more and donate to the healing of others at ilovehairapy.org.

Sheet Reference': Mentalhealth.gov