Looking after Our Mental Health

Caring for our mind, body, and spirit

We help individuals like you to care for your holistic wellbeing.

Defining Mental Health

Mental health is a positive concept. It encompasses our emotions, our psyche, and our social interactions.

More than a State of Mind

Having good mental health is more than the absence of illness. Rather, it's a state of holistic wellbeing.

More Common than You Think

1 in 5 adults experienced a mental health concern in the past year.

Mental Health is Integral

When we are mentally healthy, we can realise our abilities, cope with stress, work productively, and contribute to society.

How Do I Maintain Positive Mental Health?

Connect with others and acknowledge your feelings
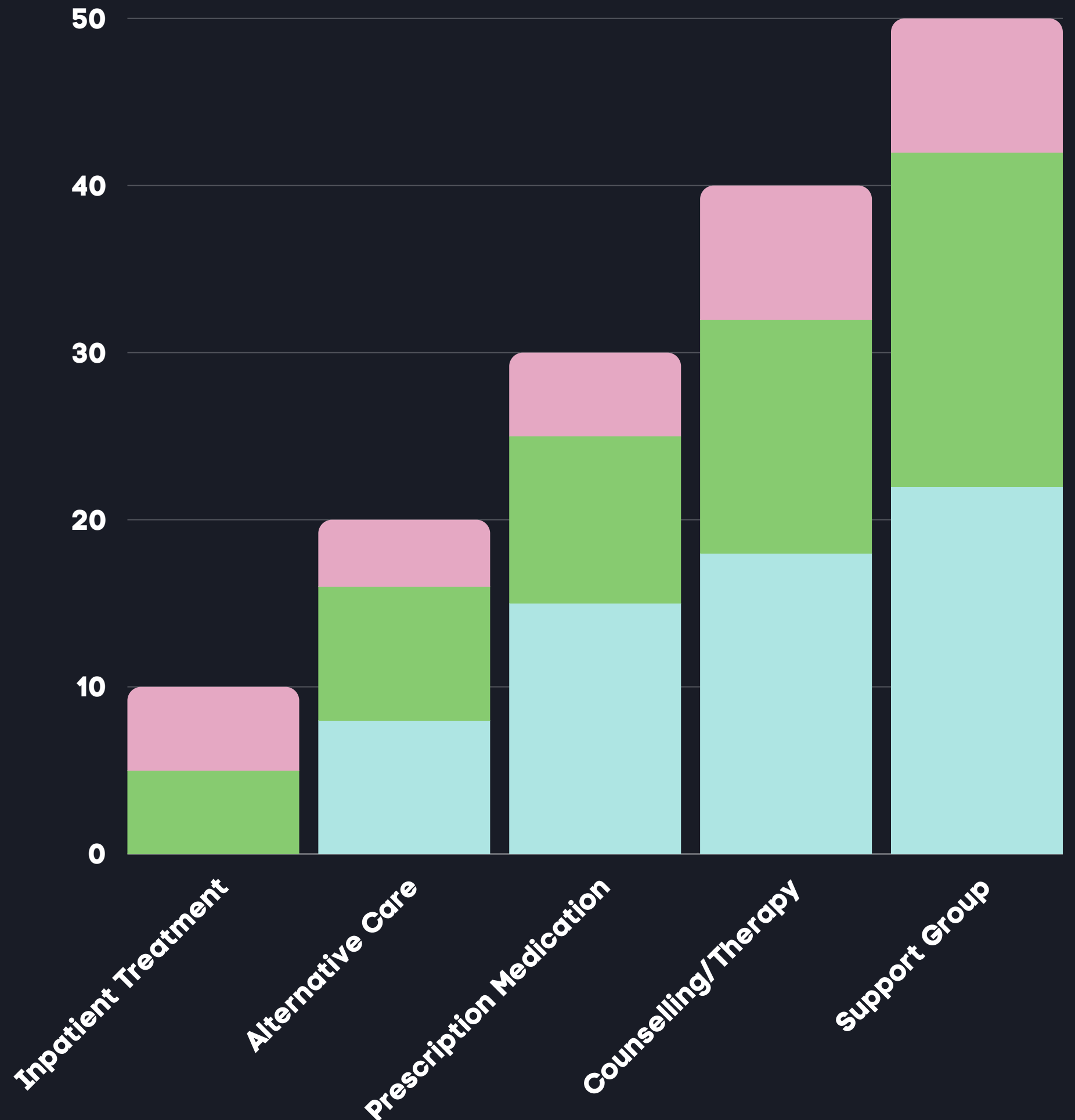
A study has found that people who exercise report

43.2%

less days of poor mental health than those who didn't exercise.

Holistic Healing

Treatments for mental health problems vary.

It can include a mix of therapy, medication and a support system.

Chart:

	Inpatient Treatment	Alternative Care	Prescription Medication	Counselling/Therapy	Support Group
Total	10	20	30	40	50

When do I seek professional help?

You know it's time when you're comfortable seeking one.

Have you felt any of these?

Eating or sleeping too little or too much

Having low energy

Feeling unusually confused, on edge, or scared

Hearing voices or believing things that are untrue

Inability to perform daily tasks

Don't hesitate to seek professional help.

We care about our hearts, so why can't we care for our minds?

Give therapy a go and see how it can help you