

# Mental Health

## *What is Mental Health?*

Our mental health is defined by our social, emotional and psychological health. Our mental health influences how we respond to stress and anxiety.

It influences how we act, feel, perceive, and cope. Mental health is just as important as physical health.



### *Mental Health Problems*

Numerous factors can cause mental health problems

- Genes or Brain Chemistry
- Experiences such as trauma and abuse

## *Symptoms of Mental Health Problems*

- Decreased energy, fatigue, or feeling "slowed down"
- Thoughts of death or suicide, or suicide attempts
- Overeating or undereating
- Oversleeping or undersleeping
- Thoughts of self-harm

## *How to Cope with Mental Health Issues*

It is essential you get the help you need and start speaking to a professional or contact your healthcare provider. You are not alone and your mental health is just as important as your physical health.

