

Did You Know...

Monitoring Mental Health is Important

Just like with physical health, everyone occasionally faces issues with their mental health. You should keep an eye on your mental health and seek support if there are concerns.

There are numerous ways that mental health issues might present themselves

- ✓ Overuse of alcohol and drugs
- ✓ Excessively feeling sad or low
- ✓ Changes in eating habit
- ✓ Inability to perform regular tasks or cope with stress and "everyday" concerns
- ✓ Avoiding friends or social activities

Ask for Help!

If you are currently experiencing mental health issues, seek help and speak with someone. Recognize that you are not alone. Call the crisis hotline in your area or visit the closest emergency room.

