

IMPROVING MENTAL HEALTH

Mental health is just as important as physical health.

Prevention and treatment of mental health issues is key in supporting the overall well-being of children and adults alike.

If you notice your child or other family members struggling with their mental health, get them the help they need by seeking mental health treatment as soon as possible.



Children who have experienced adverse childhood experiences (ACEs) are more likely to suffer the effects of toxic stress, which can take a toll on the body. Fortunately, there are ways to reduce toxic stress. Mental health support such as counseling can be helpful for those who have dealt with traumatic events.

Consider seeking professional help if:

- Your child has experienced adverse childhood experiences (ACEs)
- You and/or someone else have concerns about your child's mental health or behavior
- Your child's physical health seems to be affected

Your child's pediatrician can refer you to a mental health specialist who can treat your child's specific problems. Sharing your child's struggles and voicing your own concerns is an important first step.

Lifestyle choices also play an important role in supporting emotional health. These choices include: eating nutritious foods, exercising, having healthy sleep routines, practicing mindfulness, spending time in nature, and having supportive relationships. Both you and your child can benefit from these activities!

For more information on free and confidential mental health resources, visit <https://www.cdc.gov/mentalhealth/tools-resources/individuals/index.htm>

IMPROVING MENTAL HEALTH

What is mental health?

Mental health is the way we think and feel. Just like how we need to take care of our bodies when we are sick with a cold, it is important to take care of our mental health when we feel down.

Dealing with tough emotions

Sometimes, we face tough emotions, which is completely natural. Talking to a trusted adult or doctor about your problems can be useful. They can help you figure out ways to feel better.



Here are other ways you can support your mental health:

- Eating nutritious foods
- Exercising
- Having healthy sleep routines
- Practicing mindfulness
- Spending time in nature
- Having supportive relationships

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IMPROVING MENTAL HEALTH

What is mental health?

Mental health is the way we think and feel. Just like how we exercise and eat nutritious foods to keep our bodies healthy, it is important that we do things that keep our minds healthy too. Mental health is just as important as physical health.

Dealing with difficult emotions

It's natural to deal with a wide range of emotions, but negative thoughts or feelings can get overwhelming at times. Talking to a trusted adult or mental health professional about your problems can be useful. They can help you get the tools you need to feel better.



Here are other activities that can support your mental health:

- Eating nutritious foods
- Exercising
- Having healthy sleep routines
- Practicing mindfulness
- Spending time in nature
- Having supportive relationships

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IMPROVING MENTAL HEALTH

Mental health is just as important as physical health. Prevention and treatment of mental health issues is key in supporting the overall well-being of adolescents. Fortunately, there are many things we can do to keep our minds healthy. If you are facing problems that prevent you from feeling well emotionally, getting mental health help can make a big difference.

Getting professional help

It's natural to deal with a wide range of emotions, but negative thoughts or feelings can get overwhelming at times. There is no shame in seeking professional help. Your primary care provider can refer you to a mental health specialist who can listen to your concerns and treat your specific problems.



Here are other activities that can support your mental health:

- Eating nutritious foods
- Exercising
- Having healthy sleep routines
- Practicing mindfulness
- Spending time in nature
- Having supportive relationships

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IMPROVING MENTAL HEALTH

Mental health is just as important as physical health. Prevention and treatment of mental health issues is key in supporting our overall well-being, especially during pregnancy. Fortunately, there are many things we can do to keep our minds healthy. If you are facing problems that prevent you from feeling well emotionally, getting mental health help can make a big difference.

Getting professional help

It is common for pregnancy to bring a wide range of emotions and worries, but negative thoughts can get overwhelming. If feelings of sadness, worry, or anxiety keep you from functioning well, you're not alone. There is no shame in seeking professional help. Your provider(s) can give you the proper support you need. They may refer you to a mental health specialist who can listen to your concerns and treat your specific problems.



Here are other activities that can support your mental health:

- Eating nutritious foods
- Exercising
- Having healthy sleep routines
- Practicing mindfulness
- Spending time in nature
- Having supportive relationships

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