

LEARN ABOUT

MENTAL HEALTH



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

What is Mental Health?

Mental health is an important part of our overall well-being. It includes how we feel, think, and how we connect with others.

Good mental health helps us handle stress, believe in ourselves, learn new things, do well at school or work, and be positive members of our community.

Why Mental Health Matters

When your mental health is strong, it is easier to:

- ' Stay focused at home, school, or work
- ' Manage tough situations
- ' Build and maintain healthy relationships
- ' Make good decisions
- ' Feel more at peace

Ways to Care for Your Mental Health

Get enough sleep each night

Eat balanced meals that nourish your body and brain

Talk to someone you trust when you feel overwhelmed

Do things to relax like listening to music, drawing, resting, walking, or journaling

Ask for help when things feel too heavy and remember, you don't have to carry it alone

Signs You May Need Support

You feel sad, angry, or anxious most of the time

No longer enjoy things you used to love

Find it hard to sleep

Do not have an appetite to eat

Have thoughts of harming yourself

Places in Detroit That Can Help

Call 211

Connections to free mental health services near you

Call or Text 988

24/7 support for mental and emotional health

Detroit Wayne Integrated Health Network (DWIHN)

Call 800-241-4949 for local mental health support