

LEARN ABOUT

EMOTIONAL 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 Emotional Health?

Emotional health means understanding how you feel and learning how to manage your feelings in healthy ways

Examples of Good Emotional Health

- ' Staying calm when something goes wrong
- ' Talking to someone when you're upset
- ' Smiling and laughing when you're happy
- ' Taking a break when you need one

Why is Emotional Health Important?

When you understand your feelings it is easier to make choices, stay calm during difficult situations, feel good about yourself, and get along better with friends, family, and others.

How to Take Care of Your Emotional Health

- ' Say how you feel, like "I feel sad," "I feel mad," or "I feel proud"
- ' Take deep breaths or count to ten when you are upset
- ' Talk to someone you trust like a parent, friend, teacher, or counselor
- ' Do things you enjoy like drawing, listening to music, dancing, or playing Rest when your body or mind feels tired
- ' Cry if you need to

How to Take Care of Your Emotional Health

- ' Talk to someone you trust if you feel sad, worried, angry, or tired most days, or if it becomes hard to focus, sleep, or enjoy activities
- ' Remember, asking for help is a sign of strength, not weakness



Places in Detroit That Can Help

Call 2-1-1

Connections to free mental health services near you

Call or Text 9-8-8

24/7 support for mental and emotional health

Call Detroit Wayne Integrated Health Network (DWIHN)

Call 800-241-4949 for local mental health support