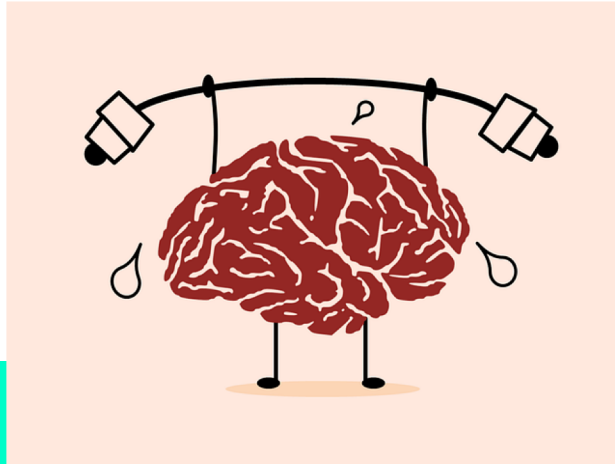
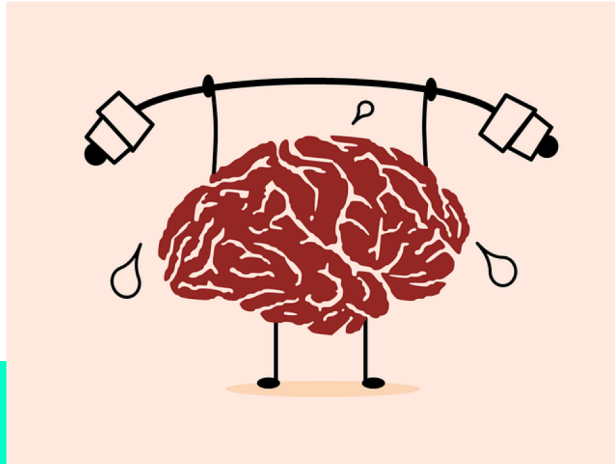


YOUR MENTAL HEALTH



Presented by Karena Weil and Flash Welch

YOUR MENTAL HEALTH



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GOALS FOR TODAY

- Talk about emotions, what is healthy
- Learn when and where to go for help

TAKE CARE OF YOURSELF AND EACH OTHER

- We will be talking about sadness, depression, loss, and sensitive issues that can be overwhelming for some.
- Take a break, leave, ask for help if you need it.
- RESPECT each other. You never know
What someone is going through.



WHAT ARE EMOTIONS?

Sadness, anger, nervousness, are all normal feelings to have.

But sometimes we need help handling emotions, and handling problems in life.

WHAT IS MENTAL HEALTH?

YOUR MENTAL HEALTH

EMOTIONAL or MENTAL Health does not mean always being HAPPY AND PERFECT, it means a person is able to *handle* their emotions.

We **all** need help with this sometimes.

IF I NEED HELP, AM I 'CRAZY?????????????'



MENTAL HEALTH AWARENESS

Sometimes people become OVERWHELMED
by their pain, their hurt.

WHAT IS DEPRESSION?

DEPRESSION IS....

- **Intense SADNESS, BAD MOOD, ANGER**
- **Changes in eating and sleeping**
- **Negative view of the world**
- **DON'T CARE ANYMORE**
- **For 2 weeks or MORE , ongoing...**

WHAT IS ANXIETY?

WE ALL NEED *SOME* ANXIETY...!

HOW CAN YOU/ WE HELP?

- Talk to them, be a FRIEND
- Listen
- Show support, be kind

WHAT ELSE?



HOW DO YOU COPE?

WE ALL NEED TO FIND WAYS TO FEEL GOOD IN LIFE

- Music
- Dance
- Exercise
- Talking to a friend
- Art
- Pets/PUPPIES
- WHAT ELSE??



GET HELP WHEN YOU OR A FRIEND....

- Has thoughts, or makes threats, of hurting themselves, violence, or wanting to die.
- You could save a life.

WHERE CAN YOU GET HELP?

WHO ARE THE TRUSTED ADULTS IN YOUR LIFE?

AT SCHOOL:

- SCHOOL COUNSELORS
- TEACHERS
- SCHOOL ADMIN
- STOP IT APP

HOME: PARENTS, DOCTOR, FAMILY, NEIGHBOR, FRIENDS...

Call 911 if there is a weapon or serious danger

RESOURCES

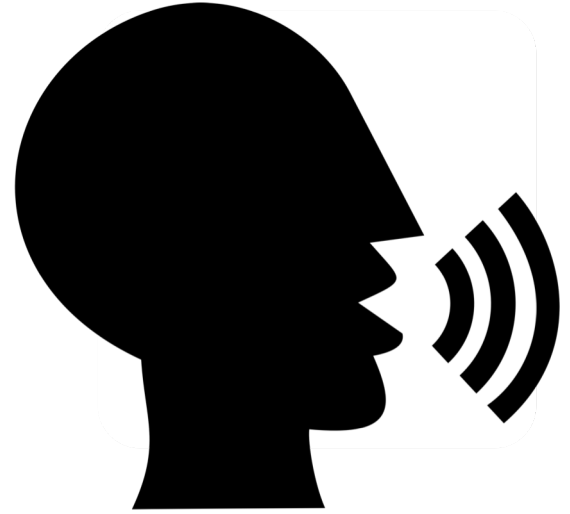


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REMEMBER... PLEASE...

TELL SOMEBODY!!!



QUESTIONS?

