

# Mental Health: 5 THINGS to know



Everyone has mental health & it affects us all - we all have our ups & downs.



Being mentally healthy is vital to feeling well - it's a key part of a balanced life.



Mental health is okay to talk about - sharing how we feel with others is an important step in being well.



Mental health awareness is important - understanding our mental health promotes caring and respect for others.



Mental wellness is like physical wellness - it requires care, attention, and improves one step at a time. It's a journey.



Mental wellness is a person's ability to manage the stresses of life and engage in meaningful activities. We all have mental health, and there are times when we all need support. Reaching out for help is a sign of strength.

For tips on improving wellness:

[www.namimaine.org](http://www.namimaine.org)

or

[www.promoteacceptance.samhsa.gov](http://www.promoteacceptance.samhsa.gov)

For information and referral call:

**211 or NAMI Maine 1-800-464-5767**

For peer support call:

**The Warm Line 1-866-771-9276**

In a crisis situation call:

**1-888-568-1112**



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