



BLESSING WELFARE
& DEVELOPMENT ORGANIZATION

NL Netherlands

HOPE 87
Hundreds of Original Projects
for Employment

Mental Health

A Path to Well-being



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Affects
relationships
and social
interactions.

Contributes to
overall life
satisfaction
and happiness.

Influences
productivity
and success.

Impacts
physical
health and
longevity.

Why Mental Health Matters



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Common Mental Health Disorders



Depression

Persistent
sadness and loss
of interest.

Anxiety Disorders

Excessive fear
and worry.

Bipolar Disorder

Extreme
mood
swings.

PTSD

Trauma-
related
distress.



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Signs & Symptoms of Poor Mental Health

Persistent sadness or irritability.

Changes in sleep and appetite.

Feeling overwhelmed, anxious, or hopeless.

Social withdrawal and isolation.

Difficulty concentrating or making decisions.





Causes & Risk Factors



Biological

Genetics, brain
chemistry.

Social

Isolation,
discrimination.

Environmental

Trauma,
abuse, stress.

Lifestyle

Poor diet,
lack of
exercise.

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How to Maintain Good Mental Health

Practice self-
care (exercise,
sleep, nutrition).

Seek
professional
help when
needed.

Stay socially
connected.

Manage stress
through
mindfulness and
relaxation.



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Coping Strategies for Stress & Anxiety

Deep breathing and
meditation.

Journaling thoughts and
emotions.

Engaging in hobbies and
physical activities.

Setting realistic goals and
priorities.



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Breaking the Stigma

Mental health is just as important as physical health.

Supporting those struggling with mental illness.

Encouraging open conversations.

Seeking help is a sign of strength, not weakness.



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Seeking Professional Help

Therapists, counselors, and
psychologists.

Medication and therapy
options.

Support groups and
hotlines.

Early intervention leads to better
outcomes.

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**Mental health is
a journey, not a
destination.**

**Take care of
yourself and
support others.**



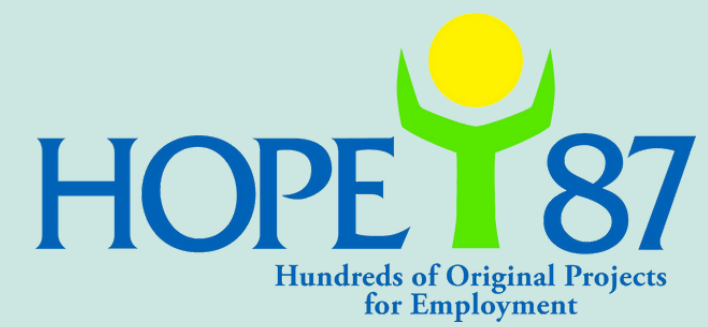
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Community Support

Create Awareness
and Create
Community
Support Groups



Lets Raise
Awareness On
Mental Health

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