

MENTAL HEALTH AWARENESS

Mental Health Awareness means understanding and supporting mental well-being. It involves talking openly about mental health, reducing stigma, and encouraging people to seek help when needed. By promoting understanding and access to resources, it helps create a supportive environment for everyone's mental well-being.



1

Recognize Signs

Learn to identify signs of mental health struggles in yourself and others.

Talk About It
Start conversations about mental health to reduce stigma and encourage support.

2



3

Seek Help

Reach out to professionals or trusted individuals for guidance and support.

Self-Care
Practice self-care activities like exercise, mindfulness, and hobbies to promote mental well-being.

4



5

Support Others

Offer empathy and understanding to those struggling with mental health challenges.