

# Mental Health

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A group of people, including men and women of various ages, are seated around a large wooden table in a meeting room. They are all looking towards the center of the table, appearing to be in a collaborative discussion. The room has large windows in the background, letting in natural light. The overall atmosphere is professional and focused.

**Mental Health includes our emotional, psychological, and social well being.**



Feeling sad is one of the more apparent signs that something is wrong.



Mood changes are another sign that someone is suffering from some mental illness.



Someone who is always tired is a sure sign as well

**Get in touch  
with someone.  
Don't just  
decide to be  
alone.**

# Everyone Deserves Happiness

## How to get help.

**This is especially important if you see a loved one going through mental distress.**

**Forcing them to get help may not be possible, but you could help them through encouragement.**