

EMPOWERING TEENS TO MAINTAIN A POSITIVE MENTAL HEALTH

Brought to you by Region 5

Mental Health Bingo cover the symptoms you have

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| Pulling away from usual routines | Feeling numb | Fighting with others | Drinking more than usual | Hearing Voices |
| Believing that things aren't true | Having unexplained aches and pains | Fatigue | Self-harm | Having thoughts that won't go away |
| Feeling helpless | Sleeping too much | Free | Eating too much | Doing drugs more than usual |
| Smoking more than usual | Severe mood swings | Feeling overly confused or forgetful | Feeling constantly on-edge | Inability to perform daily tasks |
| Yelling at others | Having no appetite | Insomnia | Feeling hopeless | Feelings of apathy |

WHAT IS MENTAL HEALTH?

Mental health refers to behavior and emotional well being, how one thinks, feels, and behaves. Conditions such as stress, depression, and anxiety can all affect mental health and disrupt a person's routine leading to mental disorders. Mental health affects one's life in more ways than one. In 2017, an estimated 11.2 million adults in the U.S., or about 4.5% of adults, had a severe psychological condition, according to the National Institute of Mental Health (NIMH).

TYPES AND SIGNS

The most common mental health illnesses include anxiety disorders, mood disorders, attention deficit hyperactivity disorder (ADHD). Some signs of anxiety disorders include generalized anxiety disorder, panic disorder, social anxiety disorder, and specific phobias. Some signs of mood disorders include depression, bipolar disorder, and cyclothymic disorder. Some signs of ADHD include inability to pay attention, sit still, and to control self-control.

HOW TO MAINTAIN MENTAL WELLNESS

Talk about your feelings, keep active, eat well, keep in touch, ask for help, take a break, accept who you are, care for others.

Remember to stay positive and you are not alone!

WHERE YOU CAN GET HELP

Call 1-800-273-TALK (8255) to reach a 24-hour crisis center, text MHA to 741741, call 911, or go to the nearest emergency room. Find a local MHA affiliate who can provide services, a therapist, support groups, or a hospital.