



# YOUTH MENTAL HEALTH: WHY IT MATTERS



SCAN ME

*You are unique, as are your emotions and experiences. Your mental health can be affected by school, friends, family, and your surroundings. If you're having a tough time, it's okay to talk to someone you trust. Asking for help is a strong thing to do.*

## YOUR HEALTH & FEELINGS

Where we live, go to school, play, and who we surround ourselves with can all impact how we feel and experience the world around us. When people don't feel safe, included, or

have what they need, it can lead to feelings of stress, sadness, or decreased mental health. Understanding these challenges can help us create kinder, healthier places for everyone.

## HABITS TO FEEL YOUR BEST

Here are some strategies to help promote good mental health:

- Spend time doing an activity you enjoy
- Notice the good; look for positives
- Take breaks: try being in nature!
- Move and fuel your body
- Try and limit screen time
- Be kind and help others
- Get rest



## PAUSE AND REFLECT

Here are some self check-in questions to determine if you're having a difficult time, or if you might need more support from a trusted adult or professional:

- Am I dealing with my problems in an unhealthy way?
- Are my thoughts, emotions, or actions negatively affecting my daily routine?
- Have I felt this way for longer than a couple of weeks?
- Am I carrying too much by myself?

## FINDING THE WORDS

Asking for help isn't as hard as it seems. Try this:

- "I haven't been feeling well lately and I think I need some help."
- "I don't think I can handle this alone. Can you help me?"