

Mental health affects how we _____, _____,
and _____.

Stigma is a _____ or
_____ about something or someone.

Counselors _____ and _____ mental
disorders, learning disabilities, and emotional problems.

Social workers _____ and _____
_____ crises, and the counsel individuals,
families, groups, and communities on how to cope with the
stresses of everyday life.

A psychiatrist is a _____ who
specializes in mental health.

The National Suicide Prevention Lifeline is
_____.

Some signs of mental health issues are _____,
_____, and _____.

Visit www.saahec.org for more information!

10 Ways to Self Care:

1. Watch your favorite show
2. Listen to music
3. Read a book
4. Exercise
5. Meditate
6. Color
7. Write in a journal
8. Do a craft
9. Eat a healthy snack
10. Take a social media break

CHALLENGE:
Exercise during
every commercial
break this week!