



Mental Health Awareness Month 2020

World Mental Health
Day: October 10

Mental Health Awareness
Week: October 4 – 10



Take Time to Care for Your Mental Health

Feeling anxious, overwhelmed, stressed,
and not sure where to turn?

Strategies to balance your mental health



Talk with your family,
friend, counselor,
doctor or teacher



Be active, exercise,
and move your body



Eat a balanced
diet



Get restful
sleep



Be mindful, and take
time for yourself
each day



Build in routines and
start small