

# thinkagain

## ABOUT MENTAL HEALTH Mississippi

- Mental health is an **essential part** of our overall health and well-being. We **pay attention** to our blood pressure, our cholesterol, our heart rates, and our weight. We **work to stay as healthy as possible** and to **change** those things we know aren't healthy. **We should put the same focus on our mental health.**



- **Good mental health includes the ability to cope with the challenges of daily life** – stress in the workplace, difficult relationships, busy schedules, or whatever else those challenges may be.
- **Stress, anxiety, and depression** are things that **affect most people** at some point. A lot of us may not realize it, **but they are mental health issues as well.**
- 1 in 5 people has a **mental health** condition.



- Mental health issues may be common, but we often resist getting treatment that can help. **Don't let misconceptions about mental health stop you from reaching out for help.** Don't think there's nothing you can do. If you or someone you know needs help, **contact the DMH Help Line at 1-877-210-8513.**



# did you KNOW?

- **Poor mental health** – like being overwhelmed with stress – **can harm our physical health.** For instance, high stress levels are linked with high blood pressure, heart disease, and obesity.



- People who are **depressed** or **chronically stressed** may have a **greater risk of physical illnesses.**
- **There are steps you can take to strengthen your mental health.** Working to live a **physically healthy lifestyle** can help **prevent** the onset or worsening of depression, anxiety, and other **mental health conditions** in addition to the physical benefits.

- **Exercising** has even been found to **directly lift people's moods** and **alleviate long-term depression.**

- Our **overall well-being** is tied to the **balance** that exists between our emotional, physical, spiritual, and **mental health.**



- Just like having regular check-ups for our blood pressure, cholesterol and cancer screenings, **it's a good idea to check our emotional well-being.** Many doctors routinely screen for mental health, which may include questions about **lifestyle, eating and drinking habits,** and **mental wellness.** There are also online screening tools you can use.

## HELP IS AVAILABLE

Call the **DMH Help Line** at 1-877-210-8513 if you or someone you know needs help.

- To learn about **resources** in your area, visit **[www.dmh.ms.gov](http://www.dmh.ms.gov)**.

