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.

1 in 5 people has a mental health condition.

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.

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).