

# thinkagain

## ABOUT MENTAL HEALTH Mississippi

Join the Mississippi Department of Mental Health, Mississippi Department of Health, NAMI MS, Mental Health Association of South Mississippi, and Mississippi Public Health Institute as we encourage Mississippians to **Think Again about their mental health.**

**1 in 5 people** has a **mental health** condition. You wouldn't ignore a **physical health** problem. **Don't ignore a mental health problem either.**



**Staying healthy** means not just caring for our body, but **our minds as well.** 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.**



- *If you need information about available resources, visit [www.dmh.ms.gov](http://www.dmh.ms.gov).* ●

