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 should put the same focus on our mental health.

Proper diet, exercise, sleep, and stress management can help protect your health and wellness - both physically and mentally.

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.