

thinkagain

ABOUT MENTAL HEALTH Mississippi

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.

