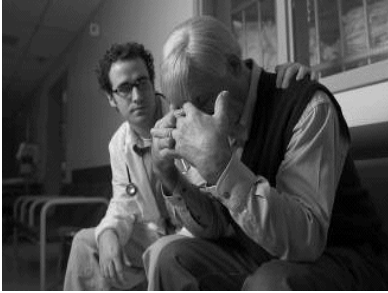


Mental Health



Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices.

Like physical health, mental health is important at every stage of life, from childhood and adolescence through adulthood.

Staying mentally healthy is not always easy, especially during tough times.

Here are some tips that can help:

- Get support from family and friends
- Find time to take care of yourself and relax
- Have a healthy lifestyle, with regular exercise



It is also important to recognize when you may need help from a professional. Mental disorders are common, but treatments are available.

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