



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood (1).

**Fact:** 43.8 million adults experience mental illness in a given year.



### Ways to Maintain Positive Mental Health Include:

- Getting professional help if needed
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills



### Promote Mental Health and Wellness with the Following Resources:

[10 Things You Can Do for Your Mental Health](#)

[Adult Stress: Frequently Asked Questions](#)

[Helping Teens Cope with Stress](#)

[Meditation: An Introduction](#)

[Questions and Answers: Physical Activity](#)

[Sleep and Sleep Disorders](#)

[SAMHSA's Wellness Initiative](#)

#### Sources:

1. Mentalhealth.gov, U.S. Department of Health and Human Services
2. NAMI - <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>