

Two Thirds

of People With a Known Mental Disorder Never Seek Treatment

Your Wellness Matters

Your mental health, which includes how you think, act, and feel, plays a huge role in your overall health and wellness.

How to Improve Your Mental Health

- Use healthy coping mechanisms like exercise and meditation
- Get a good night's sleep
- Avoid caffeine
- Listen to relaxing music
- Practice self-care



Remember that you're not alone. If you have concerns about your mental health, reach out to your doctor or call/text 988 to reach the Suicide and Crisis Lifeline to be connected to trained counselors who will listen, provide support, connect you to community resources or dispatch emergency services if necessary.