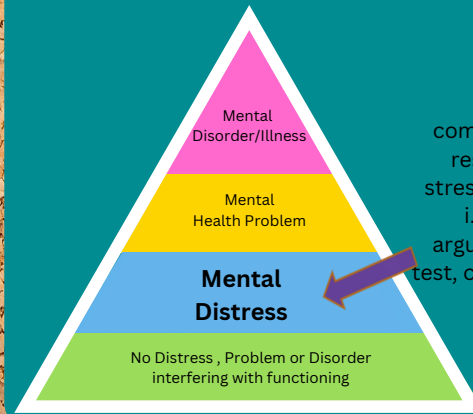


What is Mental Health Literacy?

Mental health literacy is part of health literacy. It is about knowing how to take care of your mental health and understanding mental health issues. It means being able to recognize when something isn't right with your thoughts or feelings, knowing what causes mental health problems, and understanding how to get help.

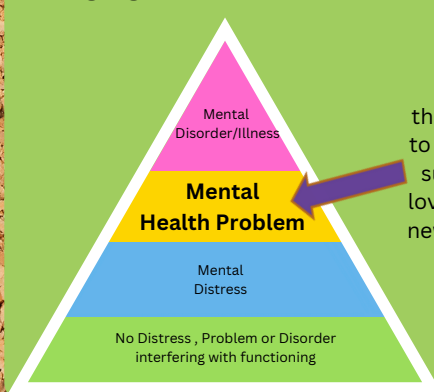
It's important to use the right words when talking about mental health. We all have mental health and there are four components that help us understand it. We can exist in all of these states at the same time.

Mental States – Language Matters



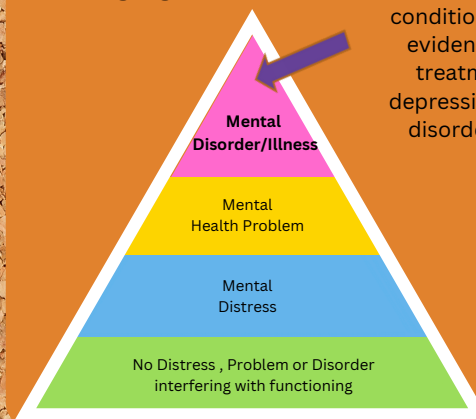
common, expected response to the stressors of daily life (i.e.) having an argument, writing a test, car breaking down

Mental States – Language Matters



the reactions we have to huge life challenges such as the loss of a loved one, moving to a new country, or loss of a relationship.

Mental States – Language Matters



a diagnosed health condition requiring evidence-based treatment (i.e.) depression, anxiety disorder, ADHD

MORE RESOURCES, visit:

www.mentalhealthliteracy.org

For information on mental health, community supports, programs and services in your area: