MENTAL HEALTH *Awareness*

Faith and Hope

What is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Importance of Mental Health

Good mental health is essential for overall well-being, enabling us to handle stress, relate to others, and make healthy choices.

BELIEVE IN YOURSELF

SUPPORTING MENTAL HEALTH

- **Self-Care**

  Regular exercise, balanced diet, adequate sleep.

- **Seek Professional Help**

  Therapists, counselors, and support groups.

- **Be There**

  Offer support and listen without judgment.

REACH OUT FOR SUPPORT

BCM Counselling Cell