

# What is Mental Health?



When it comes to health, our minds deserve the same attention as our bodies. Mental health is an integral part of each of us as humans.



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



As a community we need to have honest and open conversations about mental health.

## How to Talk About Mental Health:

- Let others know that they are not alone.
- Let the person know you care. Letting them know that you take their situation seriously, and are genuinely concerned will go a long way in your effort to support them.
- Plan the conversation for a time when you won't be in a hurry and can spend time with the person.
- Maintain confidentiality when discussing one's health.
- You are not alone in helping someone. There are many resources available to assess, treat and intervene.

# 1 in 5

U.S. adults experience mental illness each year.

# 73%

Of people have stress that affects their mental health.  
You are not alone.

**promise  
to talk**  
Providence

**Help is available!**

Find free or low-cost OC resources in the **FREE Promise to Talk app** and at **PromiseToTalk.org**.



*Promise to Talk is a local activation of California's Mental Health Movement: Each Mind Matters.*



# Mental Health Myths vs. Facts

*Myth: If I talk about my problems, people will think I'm just complaining.*

**Fact: People feel comforted knowing they're not alone. Talking about your experience breaks down stereotypes and helps others know it's okay to reach out for help.**

*Myth: I should be able to handle this by myself. People will think I'm weak.*

**Fact: While most of us want to be self-sufficient, sometimes we need help—just like how we visit a doctor if we break our arm, it's important to get support for mental health as well.**

*Myth: Therapy and self-help are a waste of time.*

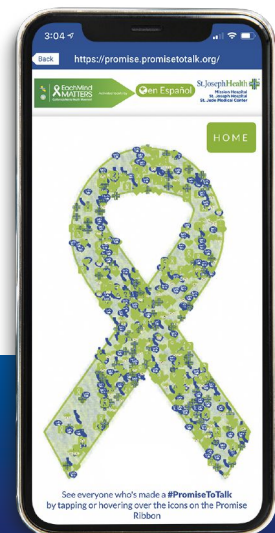
**Fact: Treatment for mental health varies depending on the individual. Many options exist and treatment is very effective. Many individuals work with a support system during the healing and recovery process.**

*Myth: There's nothing I can do to help someone care for their mental health.*

**Fact: You can help people who are concerned about how they are feeling. Friends and family can be important influences to help someone get the treatment and services they need.**

Text **PROMISE**  
to **474747**

Or visit our website  
to make your  
**Promise to Talk.**



[www.PromiseToTalk.org](http://www.PromiseToTalk.org)