



























	One way To Help Someone Who's Hurting	Let them lead the conversation.	
	One way To Help Someone Who's Hurting	Listen. Really listen.	
	One way To Help Someone Who's Hurting	Let them know you're there for them and want to help.	
	One way To Help Someone Who's Hurting	Offer to connect them with any additional support they might need.	
	One in five American adults	experience a mental health issue	
	One in 10 young people	experience a period of major depression	
	One in 25 Americans	live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression	
	This is a way to maintain positive mental health	Getting professional help if you need it	
	This is a way to maintain positive mental health	Connecting with others	

	This is a way to maintain positive mental health	Staying positive	
	This is a way to maintain positive mental health	Getting physically active	
	This is a way to maintain positive mental health	Helping others	
	This is a way to maintain positive mental health	Getting enough sleep	
	This is a way to maintain positive mental health	Developing coping skills	
	One way positive mental health allows people to	Realize their full potential	
	One way positive mental health allows people to	Cope with the stresses of life	
	One way positive mental health allows people to	Work productively	
	One way positive mental health allows people to	Make meaningful contributions to their communities	