Self-help vs. Professional-help
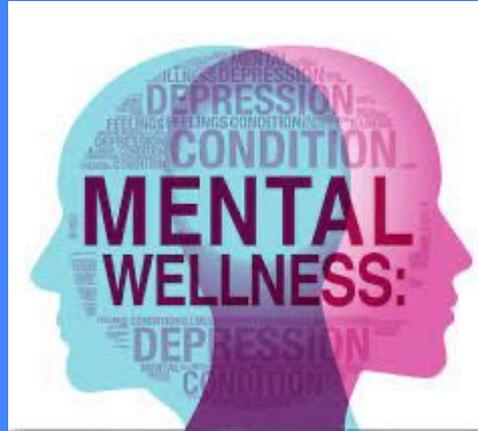
Mental Health
Ayleen Villacres
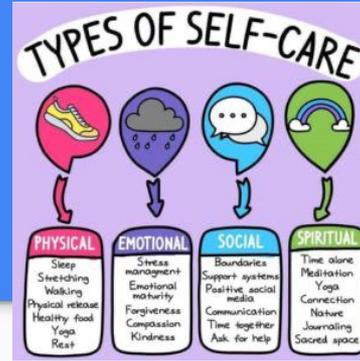
What is mental health?

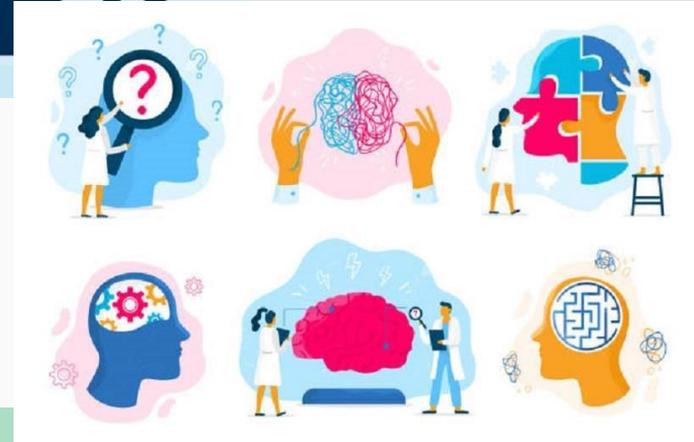It's our emotional, psychological and social well-being.

Self-care

- Do things that help you live well
- Small acts of self-care in your daily life can have a radical impact in your life.
- BUT is not a treatment

Professional-Care

- Provide you with the necessary tools and resources to manage your disorder
- . The right treatment to life a happy life
- Never feel embarrassed when you are looking for help.
- IT'S EFFECTIVE

Resources

https://www.nimh.nih.gov