

What mental health is and isn't



MENTAL HEALTH IS

- Important
- Something everyone struggles with
- Linked to your physical health
- On a range of different levels
- Worth making time for
- Part of being human
- Something we need to look after
- Positive and negative
- Changeable
- Complex
- Real

MENTAL HEALTH IS NOT

- A sign of weakness
- Shameful or embarrassing
- 'All in your mind'
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- The same as 'mental illness'
- Feeling good all the time
- Something you can 'snap out of'
- Constant and fixed
- Fake and not 'fake news'

Adapted from Cassia Murray, <https://za.pinterest.com/pin/181621797462194121/>