

Just like physical health, everyone has mental health.  
There are many things we can do to support our own mental health:

• help others...



• enjoy life...



• discover strengths...



• connect with others...



• manage challenges...



• choose healthy lifestyles...



The best way to become comfortable about mental health is to talk about it. Start the conversation today!

Need help? Kids Help Phone 1-800-668-6868  
[www.education.alberta.ca/mentalhealthmatters](http://www.education.alberta.ca/mentalhealthmatters)