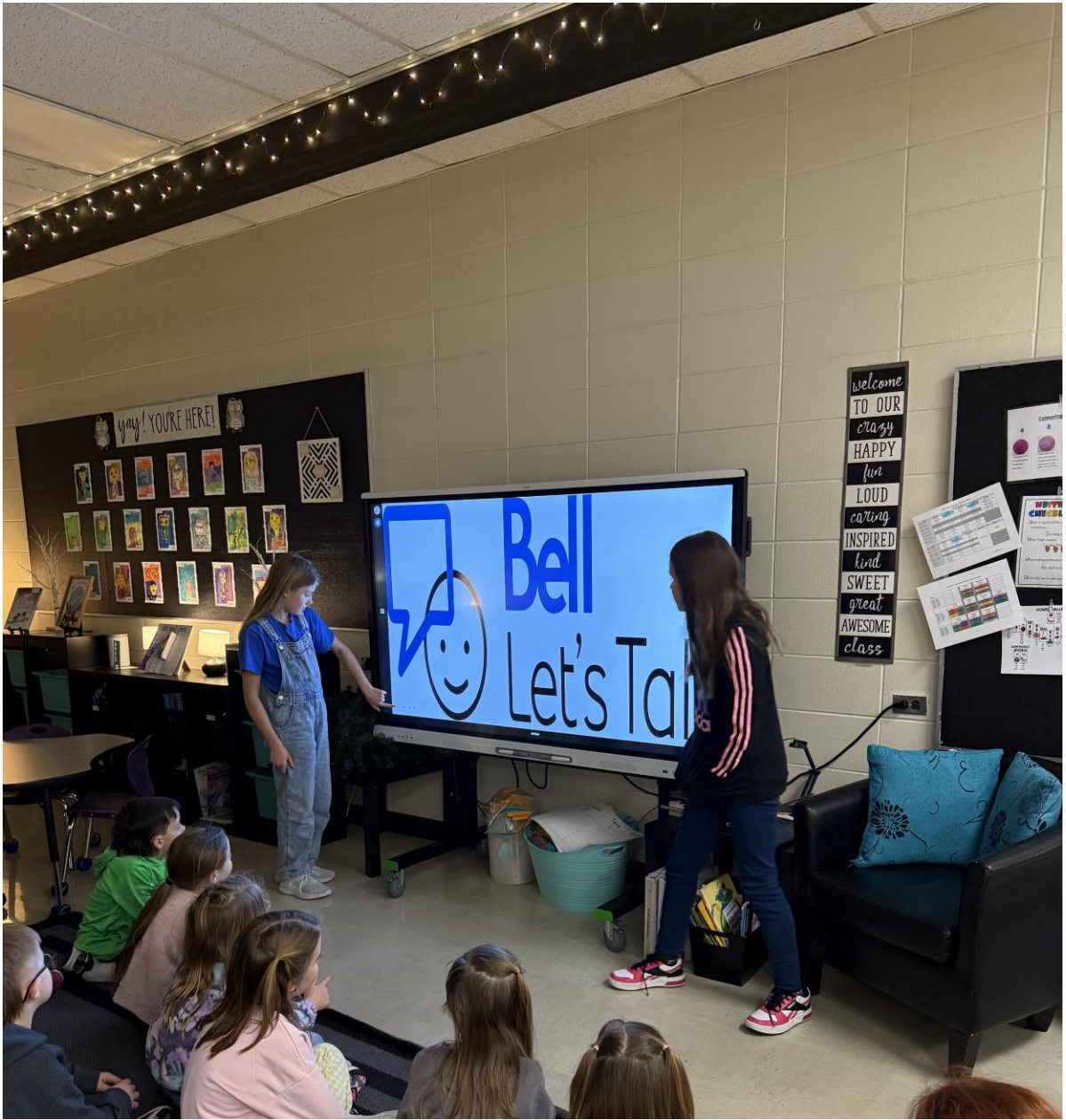










## Ways to Assist with Mental Health

You should take care of mental health the same way as your physical health.

You can help your mental health by knowing and accepting that life can be challenging. Know and accept your strengths and weaknesses. Set realistic goals for yourself. Accept yourself and others. Learn to recognize and understand that you and others have both positive and negative feelings. Create a sense of meaning in your life by learning and trying new activities.




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