

glossary OF TERMS

MENTAL HEALTH ISSUES/STRUGGLES

TEMPORARY OR LONG-TERM CHALLENGES THAT IMPACT ONE'S EMOTIONAL, PHYSICAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING.

MENTAL HEALTH DISORDERS/CONDITIONS

"A CONDITION THAT AFFECTS A PERSON'S THINKING, FEELING, BEHAVIOR OR MOOD. THESE CONDITIONS DEEPLY IMPACT DAY-TO-DAY LIVING AND MAY ALSO AFFECT THE ABILITY TO RELATE TO OTHERS."

- NATIONAL ALLIANCE ON MENTAL ILLNESS

thought PROMPTS

HOW DO MY PAST EXPERIENCES WITH MENTAL HEALTH ISSUES IMPACT AND AFFECT MY CURRENT MENTAL HEALTH?

WHAT ARE YOUR FEELINGS ON MENTAL HEALTH TREATMENTS?
DO YOU FIND THEM TO BE HELPFUL?
WHY OR WHY NOT?

NATIONAL ALLIANCE ON MENTAL ILLNESS
WWW.NAMICHICAGO.ORG

SUBSTANCE ABUSE AND MENTAL HEALTH
SERVICES ADMINISTRATION
WWW.SAMHSA.GOV
1-800-622-HELP

CRISIS TEXT LINE TEXT "HOME" TO 741741
TO TEXT WITH A CRISIS COUNSELOR

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WHAT IS MENTAL HEALTH? PT. 2