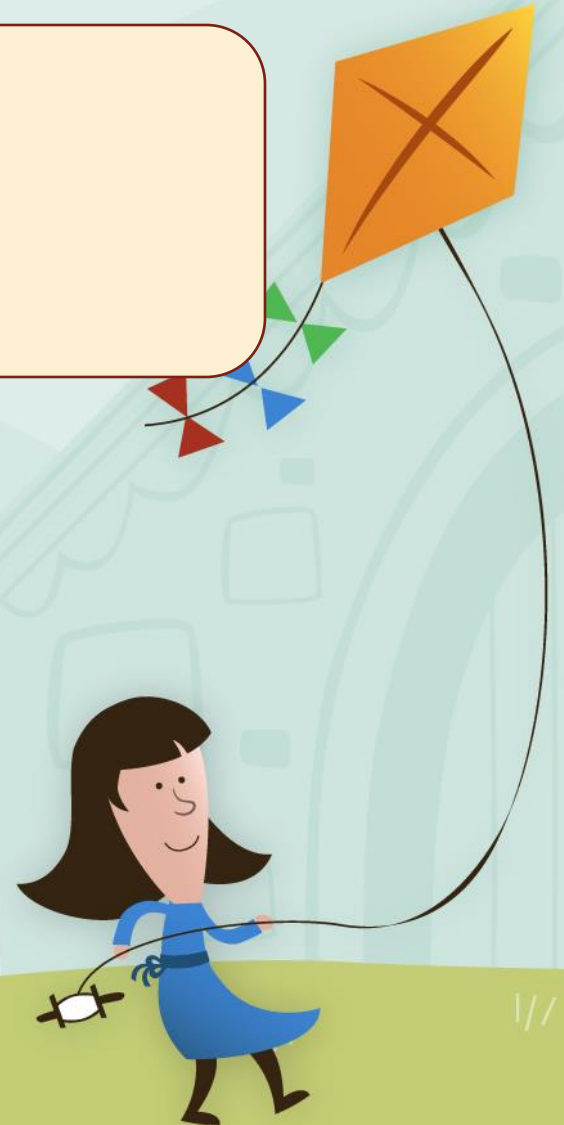


MENTAL HEALTH AWARENESS

“its okay to not be okay”

***Made and presented by:
Faris Sajjad, Suhaib
Mujeebuddin, Rayan Sheikh***



what Is Mental Health?



Mental health affects how we think, feel, and act which includes are emotional, psychological and social well-being.

Mental health problems are common but **Help** is available. People with mental health problems can get better and many recover completely



EARLY WARNING SIGNS

- Eating or sleeping too much or too little
- Having low or no energy
- Feeling sad or lonely
- Yelling or fighting with family and friends
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others



How to avoid being mentally ill?

- **Cope with the stresses of life**
 - Sometimes you just need some time to relax.
- **Be physically healthy**
 - Participate in sports and workouts.
- **Have good relationships**
 - Never forget your family and friends in bad times.
- **Get a good night's sleep**
 - Sleep is extremely important for your body to be healthy.



TWO MAIN REASONS FOR KIDS IN SCHOOL TO GET MENTALLY ILL.

Bullying

- **One of the biggest reasons kids have a hard time in school.**
- *Bullied children face an a big risk of social and emotional problems.*
- **And those problems can go with them till adulthood.**



Study stress

- *The competition turns into a stressful task for kids in school*
- **Having too much study adds a lot of stress, limits students' social life, and can limit students' time for fun**



STAY SAFE
AND
THANK YOU
FOR YOUR TIME!

