



MENTAL HEALTH IS HEALTH.

BUT WHAT IS MENTAL HEALTH?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.

- Mental health includes our emotional, psychological, and social well-being.
- It affects how we think, feel, and act.
- Helps determine how we handle stress, relate to others, and make healthy choices.

Our Community Mental Health Workers can assist with:

- Prevention, Connections, Healing, Recovery, and Building Your Resiliency.

HEAL PROGRAM •

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