WORLD MENTAL HEALTH DAY:
Mental Health Literacy & Connection

Mental health literacy is being knowledgeable about what actions can be taken for prevention, early intervention, and treatment of mental disorders. When it comes to early intervention and treatment, ask questions, make sure you understand the answer and do your research. This will allow you to make well-informed decisions and be proactive in your own mental health care.

This World Mental Health Day, let's focus on prevention by examining our social connections that can aid/support our mental health.

Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. It is human nature to want to connect with others and there are many benefits of seeking good ones.

1 Improve Your Quality of Life

Have higher self-esteem

Increases empathy to others

Become more trusting and cooperative and in turn others become more trusting of you

2 Boost Your Mental Health

Increases sense of belonging, purpose, confidence, self-worth, levels of happiness and reduced stress levels

Lower rates of anxiety and depression

3 Help You Live Longer

Not only good for your mental health, but also your physical health by improving your immune system

Releases oxytocin which can lower cortisol, reduce pain and help manage stress

4 Decrease Your Risk of Suicide

Relationships can play a crucial role in protecting a person against suicidal thoughts and behaviors

Lower levels of social isolation and loneliness