

5 WAYS TO BECOME A MENTAL HEALTH ADVOCATE

1. KINDNESS

Put the Golden Rule in action and treat others as you want to be treated. Be especially aware of what you post and share on social media platforms. Help others by lending a hand, giving a compliment or simply asking someone how they are doing.

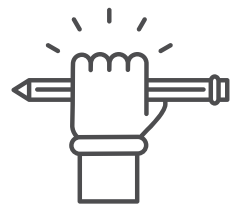


2. SELF-CARE

Be sure to take care of your mental health by taking the time to de-stress and relax. By using healthy practices to cope with emotions and challenges, you will be better prepared to care for others and face difficulties.

3. EDUCATE YOURSELF

They say “knowledge is power” ...well, there is a lot to learn when it comes to mental health. Knowing what to do and where to go when help is needed for you or someone else is a good place to start. Learn the signs and symptoms of common mental health concerns so they can be addressed as early as possible. You can also identify challenges your community faces in addressing mental health, like state and local funding limitations, and make a difference when the time to vote comes.



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4. TALK ABOUT IT



Share what you learn! Openly, and objectively, talking about mental health contributes to breaking the stigma. Even though there have been great strides in increasing the acceptance of reaching out for help, there is more to be done. Reassure others that it is ok to seek assistance for mental health concerns.

5. SUPPORT ORGANIZATIONS

There are many ways to support agencies and organizations in your community. Monetary donations, clothing, food, toiletries, toys and more are always appreciated. You can attend fundraising and informational events, as well. Promoting their services by word of mouth and social media will help others know what resources are available

