

# FAMILY MENTAL HEALTH

FAMILY MENTAL HEALTH AFFECTS EVERYONE



## WHO

Mental Health and Illness affect all children, youth, adults and seniors. Although it may look differently over the life stages, Mental Health affects everyone.

**When babies cry-** crying can be a symptom of stress, depression, and anxiety. Babies let us know when they are feeling out of sorts.

**When children complain-** complaining about a stomach ache, headache or acting out can be signs of Mental Health challenges. They should not be ignored.

We may worry, lose focus or feel overwhelmed with everything going on. These can be signs of Mental Health challenges.



## WHAT

Mental Health can be explained best by thinking of a continuum. Picture this..



Everyone fits on the continuum somewhere. Often we move from Healthy to Illness. Things may be going well in life and you are feeling great. Then a trigger of hiccup comes your way and you find yourself experiencing symptoms of stress. Once the symptoms or stressor subsides, your health returns.



## WAIT

*Yes, Mental Health affects everyone!*

Think of Mental Health and Mental Illness like physical health and illness. Mental Health is a good thing. Mental Illness may appear as a cluster of symptoms usually associated with a trigger in life...all of which can be treated!

INFO@EWSNETWORK.COM



WWW.EWSNETWORK.COM