

FAMILY MENTAL HEALTH

MAPPING OUT MENTAL HEALTH

TAKE CARE OF YOU

You come first.
If you don't take care of
yourself, you won't be able
to care for others.



TAKE CARE OF FAMILY

Spend time and
laugh together!
When your family is
happy, you are happy!

TAKE CARE OF OTHERS

If you have energy left,
reach out and support
others!

