

KEY MESSAGES

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- The COVID-19 pandemic has had profound impacts on the mental health of people of all ages, and now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.
- It's important to accept the situations in life that we cannot change, actively work to process the mental struggles associated with big changes, manage anger and frustration, recognize when trauma may be affecting your mental health, challenge negative thinking patterns, and make time to take care of yourself.
- Knowing when to turn to friends, family, and co-workers when you are struggling with life's challenges can help improve your mental health.
- One way to check in with yourself is to take a mental health screen at [MHAscreening.org](https://www.MHAscreening.org). It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.
- Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes.
- Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness.
- The Tools 2 Thrive that work best for one person may not work for another. Recovery is a unique and personal journey that requires trial and error to determine what works best for each individual.

Feel free to supplement these key messages with the assorted statistics and tips included on the fact sheets.