

THE 5W'S

TAKING CARE OF YOUR MENTAL HEALTH

WHO?

If you are a college student, stay calm and keep answering... You can prevent it.

WHAT?

Did you know that mental health matters and is an important part of your overall health?



WHEN?

It's never too early... And never too late... Always!

WHY? BECAUSE...

- Finding balance in your sleep and eating habits will make your routine better.
- Say goodbye to negative thoughts and hello to plans and dreams.
- Alone you go fast, but together we go faster.
- Finding motivation can be your tool to happiness.
- Knowing yourself can help you give and find love.

WHERE?

- Search online
- Read a self-help book
- Listen to podcasts
- Take free online courses

SUGGESTIONS

 Get Out of Your Mind And Into Your Life - Steve C. Hayes Phd & Spencer Smith

 www.activeminds.org
Self Care Resources

 The Happiness Lab

THE 5W'S

RECOVERING YOUR MENTAL HEALTH

WHO?

If you are a college student, stay calm and keep answering...
You can overcome it.

WHAT?

Did you know that mental health matters and is an important part of your overall health?



WHEN?

When you feel that things are getting out of control.
It lasts half of the day... Most of the days... Always.

Others notice and feel that you need help.

You don't recognize yourself anymore.

WHY? BECAUSE...

- Sadness and self-harm can give space to self-care
- Pressure and anxiety can become productive stress
- Taking care of your body and mind can be attractive
- Evaluating yourself in a right way can help you fulfill your plans and dreams
- Sometimes and for the right things it's okay to feel guilty and ashamed

WHERE?

- Talk to a psychologist, psychiatrist or a counselor.
- Contact a help line.
- Join a self-help group

SUGGESTIONS



www.betterhelp.com
Talk with a licensed, professional therapist online!

www.cci.health.wa.gov.au
Self Help Resources