



What Is Mental Health Literacy?

Understanding how to nurture and maintain good mental health.

Understanding mental disorders, their symptoms, and their treatments.

Decreasing Stigma.

Understanding how to find and get help effectively.

Visit

healthikids.org/flxteensarealright

Mental health literacy is important! Whether you struggle with mental health challenges or not, it's important to know how you can take care of yourself and support your peers. **Talk to your librarian** about where and how to find more information on youth mental health.

Make connections—connectivity with peers, friends and adults is like a life jacket, it keeps you afloat. Connections with others can also support your mental health.

Ask your librarian about support groups, clubs or organizations in your community you might be able to get involved with.

Know you're not alone.

Visit healthikids.org/flxteensarealright and check out our new “zine” called “FLX Teens Are Alright: Teens talk to teens about mental health”. Hear from teens in the Finger Lakes (FLX) Region about what you need to know, what can help, and what we need adults to understand.

Becoming Mental Health Literate

What your peers want you to know right now:

1. Emotions are normal & valid.
2. You matter & are not alone.
3. Our generation is facing unique challenges that adults may not understand.
4. Speak up for yourself & ask for what you need.

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SPEAK UP

ABOUT

MENTAL HEALTH



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**EVERY STEP
MATTERS**

MENTAL HEALTH MATTERS

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