

MENTAL HEALTH/ANXIETY

to be
like me

INTRODUCTIONS



Click on the photo to meet Hannah. She will tell you about herself and her experience with anxiety.



Click on the image to meet Chris and learn more about his experience with bipolar as well as autism spectrum disorder.

Definition and Description

What is "mental health"?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

What is anxiety?

Anxiety is the mind and body's reaction to stressful, dangerous, or unfamiliar situations. It's the sense of uneasiness, distress, or dread you feel before a significant event. A certain level of anxiety helps us stay alert and aware, but for those suffering from an anxiety disorder, it feels far from normal.

What is Bipolar Disorder?

Bipolar disorder is a serious mental illness. People who have it go through unusual mood changes. They go from very happy, "up," and active to very sad and hopeless, "down," and inactive, and then back again.

Did you know? 1 in 6 youth, ages 6-17 in the U.S. experience a mental health disorder each year.

<https://www.mentalhealth.gov>

<https://www.anxiety.org>