

A Healthier Mind is a Happier Life!

Mental health problems are medical conditions and need to be addressed early by licensed medical professionals. See a doctor right away if you see any of these signs:

- ☐ Excessive fears, worries, or crying
- ☐ Extreme hyperactivity
- ☐ Sudden, hard to explain changes in behavior or mood
- ☐ Trouble sleeping
- ☐ Persistent nightmares
- ☐ Unexplained aches and pains
- ☐ Extreme disobedience or aggression
- ☐ Several temper tantrums daily
- ☐ Persistent difficulty separating from parent
- ☐ Seeing or hearing things that are not there
- ☐ Destructive Behavior
- ☐ Constantly threatening to run away
- ☐ Withdrawal from friends or family



AMERICAN MENTAL
WELLNESS ASSOCIATION



Feeling
sad

Feeling
Glad

What works for you?



Hug a
Stuffed
Animal



Play!



Count
to Ten



Talk
with an
Adult



Help
Someone



Draw or
Paint



Take a
Nap



Take a
Walk



Laugh
your
silliest
laugh



Sing a
Song



Read a
Book



Cry a
little bit

[Preschool/Elementary Card]