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

Learn more at www.AmericanMentalWellness.org
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]

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