

If one or more of these is happening,
you could be sick. Ask for help to see
your family doctor right away:

Stage 1

- I get stomachaches or headaches a lot
- I have the feeling of butterflies in my stomach a lot
- I cannot focus on things like I used to be able to

Stage 2

- I cry a lot even when things aren't so bad
- People and things often annoy me
- I cannot sleep or I want to sleep all the time

Stage 3

- I cannot be happy
- I am angry a lot
- I think more bad thoughts than good thoughts

Stage 4

- I want the hurt to go away and think about drinking alcohol and abusing other drugs
- I want to hurt myself or others
- I think a lot about death and dying

Don't worry if you are feeling sick.

If you go to the doctor you will get well.

The earlier you go to the doctor the quicker you can get well.

A healthier mind is a

happier life!

[Middle School Card]



If feeling sick,
Don't wait! Don't self-
medicate on alcohol or
abuse other drugs.
Get help Quick!

Your mental
wellness is very
important now
& always

Be thankful,
kind, and
helpful

Run, walk,
Exercise

Laugh often
and listen to
happy music

Be honest
and do the
right thing

Respect
yourself &
others

Practice being
positive in your
thinking and
speaking

Have a
hobby

Keep your
body clean

Have at least
two good
friends

Have at least
two adults you
can talk to

Keep trying -
never give up

Join a club
or group

Pray or sit
quietly
often

Eat
healthy

Get plenty
of sleep

Forgive



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Learn more at www.AmericanMentalWellness.org