



# National Prevention Week

Prevention That's Out of This World!




Moebie, do you know how important good mental health is? Do you look after your mental health everyday?



Why? I'm in good physical health so I don't have to worry about mental health!


Many teens use drugs and alcohol to self-medicate an undiagnosed mental illness

Practicing self-care, talking to a friend or parent, and seeking professional help are all important steps we can take to promote better mental health



Wow...time for ME to school YOU! Mental illness is very common in teens, especially social phobias, anxiety and depression!

Social media, academic pressure, and excessive use of technology all contribute to high levels of anxiety and should be monitored



Wow, I didn't realize how important taking care of our mental health is! Thanks, pal!

Day 5: Prevention of Suicide

All facts from NAMI

