

Understand Your Inner Space:

What is Mental Health and Wellness?

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.

Our mental health, like our physical health needs our care and attention. Healthy bodies and healthy minds work together to make healthy people!

A Fresh Perspective



Mental wellness is a measure of the health of the mind. When we have a healthy mind, we are able to cope with everyday stress. We can recognize our own strengths and capabilities. We are able to set life goals and pursue success. We're able to give back to the world around us.

Most of Us



How you view the world and react to it is the result of your biology, upbringing, and the world around you. Mental health challenges or disorders can result from any of these factors. You can overcome challenges. Get treatment. Develop skills to cope with challenges.

Treatment



The conversation you have with a therapist is private except under specific circumstances. First, the therapist will want to know the problems that brought you in. The therapist will collect information. The therapist will work with you and your parents (if a child) to develop a plan for improvement.

In a Mental Health Crisis

For Police or
Medical Emergency
Call 911

For in-person evaluation at your home:
If under 18, call: 1-800-969-HELP (4357)

If over 18, call: 1-800-652-2929 in New Castle
1-800-345-6785 in Kent/Sussex

For anonymous conversation:
Text: DE to 741741 Crisis Text Line

Call: 1-800-273-TALK (8255)
to National Suicide Prevention Lifeline

There are many paths to mental health and wellness. And there are many Delaware mental health services that can help people. Learn more about mental health at every age by visiting:

mentalhealthde.com

