

HELP YOURSELF TOWARDS MENTAL HEALTH

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Getting good sleep can help to improve your mood and increase your energy levels. (See our pages on coping with sleep.

Change your thinking - Your Mental Health

Mental health is a critical part of overall health. If you're feeling distressed, there is hope. If you are in crisis, please seek help immediately. Call TALK.

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See our pages on street drugs and mental health for more information. I make lists of why I feel depressed, what I can change and how I can change it.

Skipping even a few hours here and there can take a toll on your mood, energy, and motivation. None of us are superhuman. Positive Negative Tell us . Try to treat yourself as you would treat a friend, and be kind to. Aim high, but be realistic and don't over-schedule.