

Anxiety

How can I build Positive Mental Health?

- Connect - with family and friends.
- Give - do something nice for a friend or a stranger.
- Keep Learning - take a course or try something new.
- Take Notice - be mindful of the world around you.
- Be Active - walk, cycle, garden, dance, play a game.

How can I help someone who is struggling with anxiety?

1. Listen - give full attention
2. Offer support - provide strategy ideas and be there for them
3. Give encouragement - remind them of their strengths
4. Assist - in finding proper help

Resources



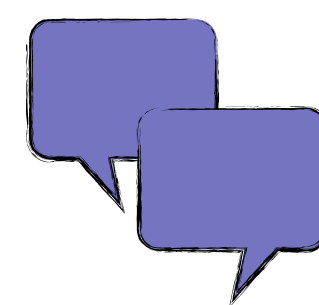
Download a mental health app



Phone a help line or talk to a mental health professional



Find trustworthy information online



Talk to someone you trust

