

MENTAL HEALTH AWARENESS MONTH

Mental health disorders such as depression, anxiety, bipolar disorder, attention deficit hyperactivity disorder and post-traumatic stress disorder can be treated through therapy and medication. With the necessary help and support, you can lead a normal life with a mental disorder.



If left untreated, mental disorders can lead to self-harm and suicide.

Some symptoms of a mental disorder are:



Feeling disconnected to yourself or your surroundings



Long-lasting sadness or irritability



Extreme moods swings



Excessive fear, worry or anxiety



Socially distancing yourself from friends and loved ones



Changes in your eating or sleeping habits



Neglecting your personal hygiene and care

Speak to a professional today and get help - it may save your life.

#YourMindMatters