



Mental Health Wellness

Millions of Americans are affected by mental health conditions every year. It is important to know the warning signs and symptoms, mental health conditions, treatment options, and how to help a friend who might be suffering.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

National Alliance on Mental Illness

<https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>