How can I improve my mental health?

Know the signs!
Anxiety, sadness, loneliness, and stress are some of the signs that you can experience when your mental health is not okay.

Find out what is making you anxious, so you are aware.

Take slow, deep breaths, especially when you are stressed.

Take care of your body. Hydrate, exercise, get enough sleep.

Do something to distract yourself like writing or listening to music.

Talk to someone about what you are feeling and thinking.

You can send a please call me to loveLife and a counsellor will call you back.

Vodacom: *140*0833231023#
MTN: *121*0833231023#
Cell C: *111*0833231023#
Telkom: *140*0833231023#

Or you can call 0800 121 900 (from any Telkom public phone).

Visit www.bwisehealth.com or www.myprep.co.za to chat to

Sister Unathi 24/7 if you have any questions. Feel free to visit your local clinic and speak to a healthcare provider, social worker, counsellor, or psychologist.

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BE KIND TO YOUR *mind*

Mental health is about our thoughts and feelings and our ability to cope with our day-to-day lives, solve problems and deal with stressful situations.

Being a young person is not easy! Dealing with schoolwork stress, peer pressure, wanting to look good, thinking about dating and sex and learning who you are and what you want to do with your life...

Yoh it's a lot!

With all of this happening, it's important to take care of your mental health.

@BWiseHealth

f **@MyPrEPSouthAfrica**

○ **myprep.southafrica**

○ **065 869 8031**

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