

# SCHOOL WELLNESS

# MENTAL HEALTH

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## Seek Help

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**If you or someone you know needs help or wants to discuss mental health concerns, contact:**

- Dial 988 to reach the Suicide and Crisis Lifeline
- Text HOME to 741741 to reach the Crisis Text Line
- Contact Safe2Help Illinois: Dial 844-4-SAFEIL, Text SAFE2 (72332), email [HELP@Safe2HelpIL.com](mailto:HELP@Safe2HelpIL.com)

## WHAT IS MENTAL HEALTH

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. It is important to know that mental health is more than just the absence of a mental disorder or disability. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

## IMPORTANCE OF MENTAL HEALTH

Overall health is composed of not only physical health, but mental health too. These two components are both especially important and can influence one another. Physical health problems significantly increase the risk of developing mental health problems, and vice versa. Studies show that positive mental health can reduce the risks of heart attacks, strokes, and other health conditions.

The Illinois State Board of Education recognizes that supporting the mental/emotional well-being of our educators and our students is vitally important to supporting the vision, mission, and goals of our agency.

## MENTAL HEALTH VS. MENTAL ILLNESS

Everyone experiences feelings of stress, anxiety, grief, and worry and these are normal. When these feelings become overwhelming and start to impact one's ability to learn, work, carry out daily activities, or engage in healthy and satisfying personal relationships, this can suggest that there may be a mental illness.