

4 TIPS FOR YOUR MENTAL HEALTH

VALUE YOURSELF

Valuing yourself is crucial. It impacts all aspects of your life. Without self-love, self-worth, and self-esteem, you limit yourself. Knowing who you are and setting boundaries is critical for attaining the life of your dreams. The world is full of infinite possibilities, don't limit yourself because of a lack of self-value.



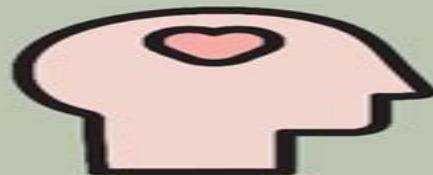
SURROUND YOURSELF WITH GOOD PEOPLE



There is no doubt that the people we surround ourselves with influence us. Be careful with whom you let in your social circle. They can either drain your energy or lift you up. It is critical to have supportive friends who inspire and empower you.

QUIET YOUR MIND

Quieting our minds is especially important when we are stressed out and unable to focus. Sometimes negative thoughts take over, and we can't concentrate on the task at hand. Practicing mindfulness is helpful during these situations.



DO THINGS FOR OTHERS

When you spend too much time thinking about yourself, you may become depressed. Lending a hand to someone in need can help your self-esteem.

Mental Health Tips Weekly Ad Compare

Padhraic Smyth

Mental Health Tips Weekly Ad Compare:

Mental Health Systems Compared R. Paul Olson, 2006 The primary objective of this book is to provide comprehensive descriptions and make comparative evaluations of each of the mental health systems of four Western industrialized countries. The countries selected illustrate a continuum from a highly centralized and publicly financed national health service in Great Britain to a predominantly decentralized and more privately financed market of mental health services in the United States. In between these two contrasting types are examples of national health services and insurance programs in Norway and Canada. Contributing experts from each country begin their chapters with an overview of the geographic, demographic, political, economic and cultural contexts in which their mental health systems are situated. Thereafter they present national data to estimate the need for mental health services, b describe national mental health policies and programs designed to meet their population's need, c indicate how mental health services are organized and delivered, and d discuss how their system is financed and provided resources. A common chapter outline facilitates comparisons among all four systems on relevant evaluation criteria: a access and equity, b quality and efficacy, c cost and efficiency, d financing and fairness, e protection and participation, and f population relevance. In the final section of each chapter the authors provide recommendations for improved performance of their mental health system. In the initial chapter the editor provides an overview, introduces the four countries selected and defines the evaluation criteria applied by all contributing authors. The final two chapters address convergence and divergence among the four systems and provide recommendations for improvement and for future comparative studies. The intended audience includes mental health policymakers, program administrators and managers, teachers of graduate level courses, and

Military Mental Health Care Cheryl Lawhorne-Scott, Don Philpott, 2012-12-07 Too often American veterans return from combat and spiral into depression, anger and loneliness they can neither share nor tackle on their own. *Military Mental Health Care: A Guide for Service Members, Veterans, Families and Community* seeks to aid our troubled returning forces by dissecting the numerous mental health problems they face upon arriving stateside. Don Philpott and Cheryl Lawhorne Scott co-authors with Janelle Hill of the highly successful *Wounded Warrior Handbook* detail not only each issue's symptoms but also discuss what treatments are available and the best ways for veterans to access those treatments while readjusting to civilian life. In addition they connect and explain many alarming trends such as joblessness, poverty and addiction appearing in our nation's veteran population on a broader scale. PTSD and struggles with anxiety affect far more than veterans themselves as sobering phenomena like homelessness, suicide, domestic violence and divorce too often become realities for those returning from war. *Military Mental Health Care* is both a resource for struggling veterans and a useful tool for their loved ones or anyone looking for ways to support the veterans in their lives.

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