

**Mental health is how we
think, feel and act.
We ALL have
mental health.**



[How to Mental Health Video Series](#)

Welcome! You will find links here to all the supporting materials for the “How to Mental Health” video series for teens and young adults (Learning Guides coming soon!). Have fun and thank you for all you do to care for yourself and our communities!

[Facilitator Guide](#)

[How to Mental Health poster](#) with QR code to YouTube playlist

1. Mental Health Community Care

- a. [Slides](#)
- b. [Recording](#)
- c. [Learning Guide](#)

2. What is Mental Health?

- a. [Slides](#)
- b. [Recording](#)
- c. [Learning Guide](#)

3. Self-care < > Community Care

- a. [Slides](#)
- b. [Recording](#)
- c. [Learning Guide](#)

4. How to tell when you're not doing well?

- a. [Slides](#)
- b. [Recording](#)

- c. [Learning Guide](#)
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- 5. **Asking for help, Helping a friend**
 - a. [Slides](#)
 - b. [Recording](#)
 - c. [Learning Guide](#)
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- 6. **Making friends with your nervous system**
 - a. [Slides](#)
 - b. [Recording](#)
 - c. [Learning Guide](#)
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- 7. **Making friends with anxiety**
 - a. [Slides](#)
 - b. [Recording](#)
 - c. [Learning Guide](#)
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- 8. **Building Resilience**
 - a. [Slides](#)
 - b. [Recording](#)
 - c. [Learning Guide](#)

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