

World Mental Health Day

October 10,
2023



Simple steps for recognizing
depression from **LifeMatters**®



Identify Symptoms

Feeling Sad
or Hopeless

Loss of
Interest in
Activities

Insomnia
or Excessive
Sleep

Poor
Concentration

Self-Care Strategies



Eat Healthy
Foods



Exercise 20-30
Minutes a Day



Create a Stress
Management
Routine



Take Medications
as Prescribed

Seek Support



Spend Time with
Loved Ones



Talk to
a Doctor

Contact **LifeMatters**®



World Mental Health Day:
Recognizing & Addressing
Mental Health Issues

Tuesday, October 10, 12 p.m. EDT
Session Password: MUCeWnQD254



Mental Health
Around the World
Available in October from
OnTopic with Empathia



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