



WHAT DOES YOUR MENTAL HEALTH LOOK LIKE?

Mental Health and Relationships

EXPLORE FURTHER

It's the final week of the campaign: What Does Your Mental Health Look Like? We're exploring how relationships can affect our mental health. It goes without saying that healthy relationships (romantic, familial, or otherwise) are usually energizing and invigorating. A certain degree of conflict is normal, but when it escalates or becomes prolonged, it can cause psychological distress for everyone involved. To help you navigate these complex situations, this week's resources cover subjects like parenting, divorce, and eldercare.

These past three weeks have been a great exploration of how mental health means different things to different people. We hope you now have a better understanding of your own personal mental health, and have learned new ways to improve it. Thanks for participating in the campaign!

Also in this campaign:

Mental Health and Your Body
Mental Health and Your Mind
Mental Health at Work

Get started with the Campaign : What Does Your Mental Health Look Like?

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