



IT'S OK TO NOT BE OK

Pay attention to the following signs

- Poor attention/hyper activity
- Frequent aggression and anger issues
- Disturbed sleep
- Sudden change in school performance
- Frequent changes in emotions and moods

What you can do for your Mental Wellbeing

- Sleep for a minimum of 8 hours
- Exercise regularly or practice yoga and meditation
- Follow a routine
- Eat regularly and ensure a healthy diet
- Stay positive



Reach Out and Seek Help

TALK TO A TRUSTED ADULT

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre

