

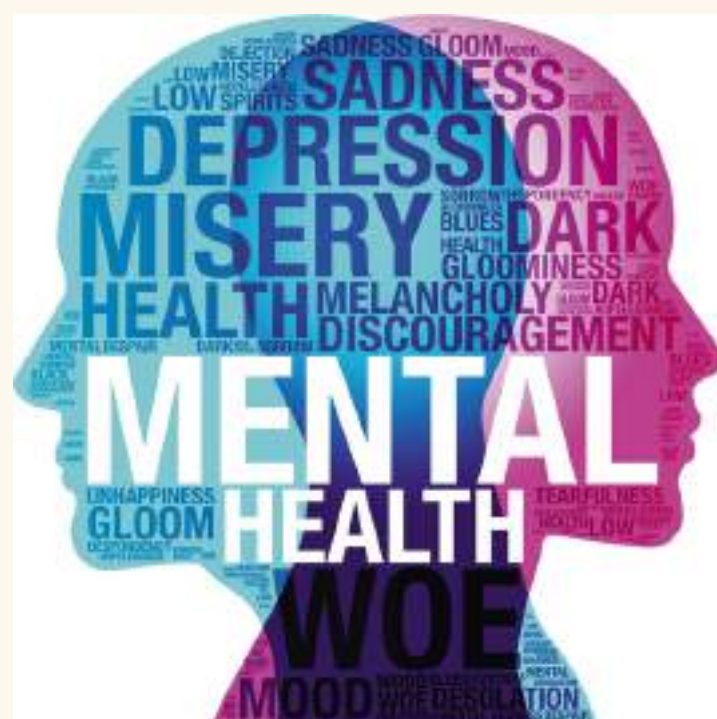


# ANGELS REFUGEE SUPPORT FOUNDATION

## Mental Health: Facts You Should Know

### What is mental health?

Mental health involves our emotional, psychological, and social well-being. It influences how we think, feel, act, and handle stress, relationships, and decision-making. It is vital at every stage of life



### Key facts

- Mental health exists on a spectrum; it is not just the absence of mental illness.
- Everyone has mental health, and it can fluctuate over time.
- Mental health and physical health are interconnected; issues in one can affect the other.
- Mental health conditions are treatable, with many effective options available.
- Stigma and discrimination are barriers that prevent many from seeking help.

### Common mental Health conditions

- **Anxiety Disorders:** Excessive worry, fear (e.g., generalized anxiety, panic attacks).
- **Depressive Disorders:** Persistent sadness, loss of interest, low energy.
- **Bipolar Disorder:** Mood swings between highs (mania) and lows (depression).
- **Schizophrenia:** Affects thinking and perception, may involve hallucinations.
- **PTSD:** Develops after traumatic experiences, with flashbacks and anxiety.
- **OCD:** Unwanted recurring thoughts and repetitive behaviors.

### Why is mental health important?

Good mental health helps us to live fulfilling lives, build strong relationships, cope with stress, work effectively, and achieve our potential. It also enables social participation and support for others.

### When to seek help

Warning signs include persistent sadness, anxiety, sleep or appetite changes, loss of interest, difficulty concentrating, irritability, feeling overwhelmed, or thoughts of harming oneself or others.

### Getting support

- Talk to trusted friends, family, or professionals.
- Consult healthcare providers for assessment and treatment.
- Utilize community resources or helplines, especially in urgent situations.

### Tips for Maintaining Good Mental Health

- Stay active and exercise regularly.
- Follow a balanced diet.
- Please make sure 7-9 hours of quality sleep.
- Connect with loved ones and social groups.
- Practice mindfulness, meditation, or yoga.
- Set achievable goals and learn new skills.
- Seek help when needed; taking care of mental health shows strength.



### Final Note

**Remember, mental health is treatable, and help is available.**

**Prioritizing mental well-being is essential for a healthy and productive life.**

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