



LET'S TALK
ABOUT IT



MENTAL HEALTH & WELLNESS

Your mental health is just as important as your physical health. And your mind-body connection is stronger than you might think. There are physical repercussions to emotional imbalances – that's why it's so important to care for the whole you.



Pay it forward

Helping others helps you. People who regularly volunteer experience less depression, greater calm, and better health. It feels good to give back!*



Find your words

Just like most health conditions, depression doesn't go away on its own. 80% of people who get treatment for depression say it helps, so get help if you need it.



Write it out

Writing down your thoughts and feelings can actually change the way you think and feel, which can ease stress and promote emotional wellness.

Want to learn more about mental health and wellness?

Visit kp.org/mentalhealth, findyourwords.org, or facebook.com/kpthrive. 

*Mental Health America

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