POSITIVE MENTAL HEALTH TOOLKIT

POSITIVE

MENTAL

MEALTA

TOOLKIT

How can you develop positive mental health?

social skills

and the ability to

seek assistance

from others

able to

set and achieve goals

and take action

problem solving

skills

noticing

good things

in life

being vv hich tool would you like

kind

to yourself and others



developing and using

positive coping strategies

using flexible and accurate

thinking skills



Contact

