

## **What Mental Health Means to Me**

**Linda:** Mental health means finding life's balance.

**Tim:** Volunteering for things that matter to me.

**Moses:** Getting a good education.

**Steven:** Mental health means being in the moment with my family.

**Sara:** Open and honest communication with your family.

**Rick:** Enjoying my family again.

**Daniel:** Mental health means having the humility to be able to ask yourself "Do I need help?"

**Rick:** Being open to accepting help.

**Becca:** Mental health is taking care of myself so that I can take care of others.



U.S. Department  
of Veterans Affairs

**MAKE THE  
CONNECTION**