

What's Mental Health, Really?

Mental health is about how you think, feel and connect with others.

It affects your mood, your focus and how you handle stress.

Everyone has mental health—and taking care of it helps you live a balanced, healthy life.



Where to Get Help

988 Suicide and Crisis Lifeline

Call or text 988 for free, confidential support for you or someone else

Pine Rest Christian Mental Health Services

Treatment for ADHD, anxiety, depression, eating disorders, self-harm, stress, addiction and more

24/7 Crisis Line: 800.678.5500

In-Person & Teletherapy: 616.258.7500

pinerest.org/kids

Network 180

A Kent County-based crisis line that provides empathetic listening, community resources and crisis support

616.333.1000

School Counselor, Psychologist or Social Worker

Don't be afraid to use the resources available at school—everyone is there to help!



pinerest.org/YAC

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It's OK to Not Be OK

Understanding Mental Health for Students



PEDIATRIC CENTER OF
BEHAVIORAL HEALTH

Youth Advisory Council

Myths of Mental Health

“People with mental health struggles can snap out of it if they try hard enough.”

Mental health struggles have nothing to do with being lazy or weak. Many people need help to feel better.

“There is no hope for people with mental health issues.”

According to the National Alliance on Mental Illness, most people with mental health problems recover completely with the right support. Treatments, services and community support systems work, and they're available in Michigan.

“Mental health problems don't affect me.”

Mental health problems are very common. In 2023, the Centers for Disease Control and Prevention found:

- 4 in 10 students felt persistently sad or hopeless
- 2 in 10 seriously considered suicide
- 1 in 10 attempted suicide

Mental Health ≠ Mental Illness

Mental health is something everyone has! Just like physical health, your mental health needs regular check-ins. Struggling doesn't mean something's "wrong" with you—it means you're human.

When Things Feel Off...

- Changes in sleep, appetite or mood
- Feeling hopeless or overwhelmed all the time
- Pulling away from family, friends or your favorite activities
- Struggling to keep up with school or daily tasks

How to Help a Friend

- Listen without judgment and validate their feelings—you never know what someone is going through
- Encourage them to talk to a trusted adult or professional
- Don't gossip—if someone confides in you, respect their trust

How to Take Care of Your Mental Health

- Practice self-care (sleep, exercise, hobbies)
- Limit social media use
- Connect with others
- Practice mindfulness or journaling

