



JHU HEAT Corps Workshop

Mental Health & Wellness

Digital Workbook

Workshop Vocabulary:

Use the space below to define terms used in workshop.

➤ **Mental Health**

➤ **Stress**

➤ **Anxiety**

➤ **Depression**

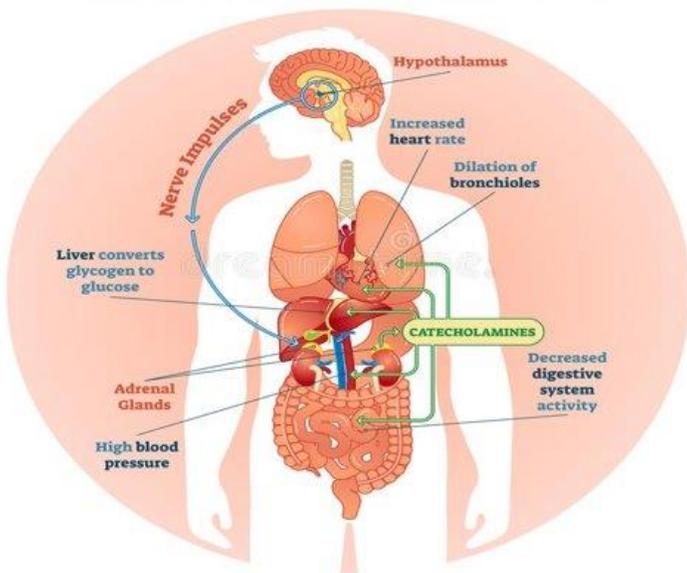
➤ **Stigma**



What is mental health?

What is stress?

STRESS RESPONSE SYSTEM



What are some examples of anxiety?



What are some healthy ways to reduce stress? List them below:



What is one example of a support system?

Why is mental health important?

Mental Health Resources

- [Crisis Text Line](#)

Text HOME to 741741 or visit website

- [National Suicide Prevention Lifeline](#)

Call 1-800-273-8255 or visit website for additional resources.
Available 24 hours a day, 7 days a week

- [The Trevor Project](#)

- [National Institute of Mental Health](#)

- [National Alliance on Mental Illness](#)

Call 1-800-950-6264 or visit website

Available Monday–Friday, 10am–6pm EST



What can you do for your community? Be a leader!

Our goal is to increase health literacy skills across the world, so more people feel confident in making informed decisions about their health! The more people understand the facts, the more empowered they are about the decisions they make that impact their health and way of life! It is important that in sharing knowledge, we can all promote health literacy!

We want you to share what you have learned through this workshop with your community!

