

Mental Health Moment

Presented by the Counseling Department

Protective Factors to Mental Health

There are many reasons why a person’s mental health may suffer at times in their life. From childhood abuse or neglect, to chronic mental health or medical conditions, each person’s mental health status is different and can change at different times throughout their life. Regardless of why a person’s mental health can change, there are some things we can do to build some protective factors around our mental health. While we can’t control a lot of what happens around us, we can put some things in place that can limit the intensity of the potential negative effects. Read on in this month’s edition to learn some things you can do, or may already be doing, that will help you create and maintain a sense of wellness regarding mental health! As always, reach out if you need help or access to resources for ongoing therapy services!

Your Counseling Team



Wishing all families a safe and happy Thanksgiving Break!



WELLNESSES

