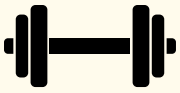
MENTALLY

Well vs Unwell

Mentally well

8-12 hours of good quality sleep

Eating well balanced nutritious meals



Have energy. Engaging in daily activities and/or exercise

Connecting with friends, family, school, and/or community supports

Mentally unwell

Difficulty falling and/or staying asleep, frequent waking, insomnia

Not feeling hungry or over eating. Choosing fast processed meals

Low energy and loss of interest in daily activities

Isolating from friends, family, school, and/or community supports

HOMEBASE

For Youth By Youth