

When and How to Seek Professional Mental Health Support

Seeking professional support is a sign of strength and self-care. Mental health professionals provide guidance, tools, and support for emotional wellbeing.

When to Seek Help

- Persistent sadness or anxiety
- Difficulty managing daily life
- Emotional overwhelm
- Major life changes or trauma

How to Begin

- Talk with a trusted professional
- Research local resources
- Reach out to community organizations
- Explore therapy options

Getting support can be a powerful step toward healing and growth.

FOUNDATION, INC.