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Mental health is how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others and make choices. Like physical health, mental health is important at every stage of life.

Staying mentally healthy is not always easy, especially during tough times. Getting support from family and friends as well as finding time to relax and take care of you can help. Regular exercise and a [healthy lifestyle](http://www.nlm.nih.gov/medlineplus/healthyliving.html) (<http://www.nlm.nih.gov/medlineplus/healthyliving.html>) are also beneficial.

It is important to recognize when you may need help from a professional. [Mental disorders](http://www.nlm.nih.gov/medlineplus/mentaldisorders.html) (<http://www.nlm.nih.gov/medlineplus/mentaldisorders.html>) are common, but treatments are available.

(This information is from the National Institute of Health website)

Here are some on-line resources:

[Screening/Self-assessment tools](http://www.dbsalliance.org/site/PageServer?pagename=about_screening_screeningcenter)

(http://www.dbsalliance.org/site/PageServer?pagename=about_screening_screeningcenter)

[Anxiety/Panic Disorder](http://www.nmha.org/go/information/wellness-live-life-well/how-stress-hurts/anxiety-screener) (<http://www.nmha.org/go/information/wellness-live-life-well/how-stress-hurts/anxiety-screener>)

[Child Stress-O-Meter](http://www.bam.gov/sub_yourlife/yourlife_stressometer.html)

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[Depression](http://www.dbsalliance.org/site/PageServer?pagename=about_depressionscreener)

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For questions or more information about adult mental health, call 320.231.7800 x2496

For questions or more information about children's mental health, call 320.231.7800 and ask for Intake