

What is Mental Health?

Mental health is all about how we think, feel, and act in our daily lives. It affects how we handle stress, connect with others, and make decisions. Just like our physical health, mental health is important at every stage of life.

Myths vs. Facts

Myth 1: “Reaching out for help is a burden to others.”

Fact: Your friends, family, and mentors care about you. Talking to someone can make things easier—they want to help.

Myth 2: “Struggling with mental health means you’re weak.”

Fact: Everyone has tough times, and asking for help shows courage, not weakness.

Myth 3: “Mental health isn’t as important as physical health.”

Fact: Your mind and body are connected. Stress, anxiety, and other mental health challenges can impact your sleep, appetite, and energy levels.

Myth 4: “Only ‘crazy’ people have mental health struggles.”

Fact: Mental health challenges are common—1 in 5 people experience them each year. It doesn’t mean you’re “crazy”; it means you’re human.

Myth 5: “Therapy is pointless; it won’t solve anything.”

Fact: Therapy isn’t about fixing you—it’s about offering tools and a safe space to help you navigate life’s challenges.

When should I reach out for professional help?

Everyone has tough days, but sometimes it’s helpful to talk to a professional, especially if you notice things like:

- Feeling down, anxious, or irritable most of the time
- Finding it hard to handle work, school, or relationships
- Losing interest in things you usually enjoy
- Changes in sleep or appetite

Our Free Services

The Baylor College of Medicine Teen Health Clinic is here to help teens and young adults take charge of their health! We offer free and confidential services, including therapy and counseling. Your first session is a safe space to discuss your concerns, get to know you, and begin exploring ways to support your mental health.

- Primary Healthcare
- Therapy & Counseling
- Immunization
- STI Screening & Treatment
- Gynecological Services
- Birth Control & Family Planning

Contact us

(713) 999-6980
rwww.bcm.edu/community/health-care-outreach/teen-health-clinic



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TEEN HEALTH CLINIC YOUTH
ADVISORY COUNCIL



Small steps to
improve your mental
wellbeing

TAKE A MOMENT: TIPS FOR A HEALTHIER MIND



Baylor College of Medicine
Teen Health Clinic

TIPS FOR SUPPORTING YOUR MENTAL HEALTH



Stay Connected

A quick text or call with friends or family can help you feel less alone.



Move Your Body

Exercise doesn't have to be intense to make a difference. Even a short walk can boost your mood.



Take a Break from Screens

Step away from screens to reduce stress and recharge. Maybe try reading!



Get Enough Sleep

Sleep is essential for a balanced mind. Try to aim for a regular sleep schedule.



Practice Self-Care

Do something to recharge — like journaling, skin care, gaming, or music.



Try Deep Breathing

Inhale for 4 seconds, hold for 4, then exhale for 6. Repeat to relax.

Words of Affirmation

PICK ONE OR TWO AFFIRMATIONS THAT SPEAK TO YOU. REPEAT THEM WHEN YOU NEED ENCOURAGEMENT OR WRITE THEM SOMEWHERE YOU'LL SEE THEM OFTEN.



I WILL TAKE THINGS ONE DAY AT A TIME.



I HAVE SURVIVED 100% OF MY 'WORST' DAYS.



TRY YOUR BEST AND FORGET THE REST.



I LET GO OF WHAT I CAN'T CONTROL AND FOCUS ON WHAT I CAN.



I GIVE MYSELF PERMISSION TO REST



I HAVE THE POWER TO REACH MY GOALS.

Color for calm!

