**2024 Mental Health Awareness Fact Sheets** (Courtesy of Mental Health America)

* [4 things likely affecting your mental health, and 4 things you can do about it (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/4-things-fact-sheet.pdf)
* [Building your coping toolbox (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Coping-toolbox-fact-sheet.pdf)
* [Helpful vs. harmful: Ways to manage emotions (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Helpful-harmful-fact-sheet.pdf)
* [Negative news coverage and mental health (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Negative-news-fact-sheet.pdf)
* [Things you can say when you're not "fine" (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Youre-not-fine-fact-sheet.pdf)
* [What to say when someone tells you they're fine, but they're not (PDF)](https://mhanational.org/sites/default/files/MHM/2024/toolkit/Theyre-not-fine-fact-sheet.pdf)