WHAT IS A MENTAL HEALTH PROBLEM?

**MEDICAL:**
A physical or chemical problem in the body or brain

**SPIRITUAL:**
A loss of connection to higher power or purpose

**PSYCHOLOGICAL:**
Unhealthy thinking patterns that cause distress

**TRAUMA:**
A normal coping response to traumatic events or situations

**POLITICAL:**
A label used by those in power to control people or make money

**HEALTH:**
Poor nutrition or physical health issues that impact emotional wellbeing

**SYSTEMS:**
Social or institutional policies and practices that are psychologically unsafe

It is determined by your **FILTER:**
A set of beliefs you hold as to what a mental health problem is, what causes it, and what helps in recovery.