



TYSAH
Treat Your Self And Heal

1. **Learn more:** Take time to read about mental health conditions, symptoms, and treatments to spread awareness and understanding.
2. **Share your story:** Share your mental health journey or encourage someone else to share theirs to reduce the stigma and encourage others to seek help.
3. **Volunteer:** Help raise funds, support events, or offer your skills to assist mental health organizations in your community.
4. **Attend events:** Join mental health workshops, conferences, or support groups in your area. Make sure you [join our newsletter](#) to never miss a TYSAH event.
5. **Be an advocate:** Use your voice to advocate for better mental health policies, access to care, and support for mental health patients.
6. **Practice self-care:** Take care of yourself by getting enough sleep, exercising, eating well, and engaging in activities that bring you joy. [You can explore our store to get a self-care tool.](#)
7. **Connect with others:** Offer support and ask how someone is doing if they may be struggling with their mental health.
8. **Spread awareness:** Share information, resources, and personal stories related to mental health on social media to promote understanding.
9. **Donate:** Support mental health organizations that provide research, education, and access to care.
10. **Start a conversation:** Initiate conversations about mental health with friends, family, and colleagues to reduce the stigma and promote awareness.