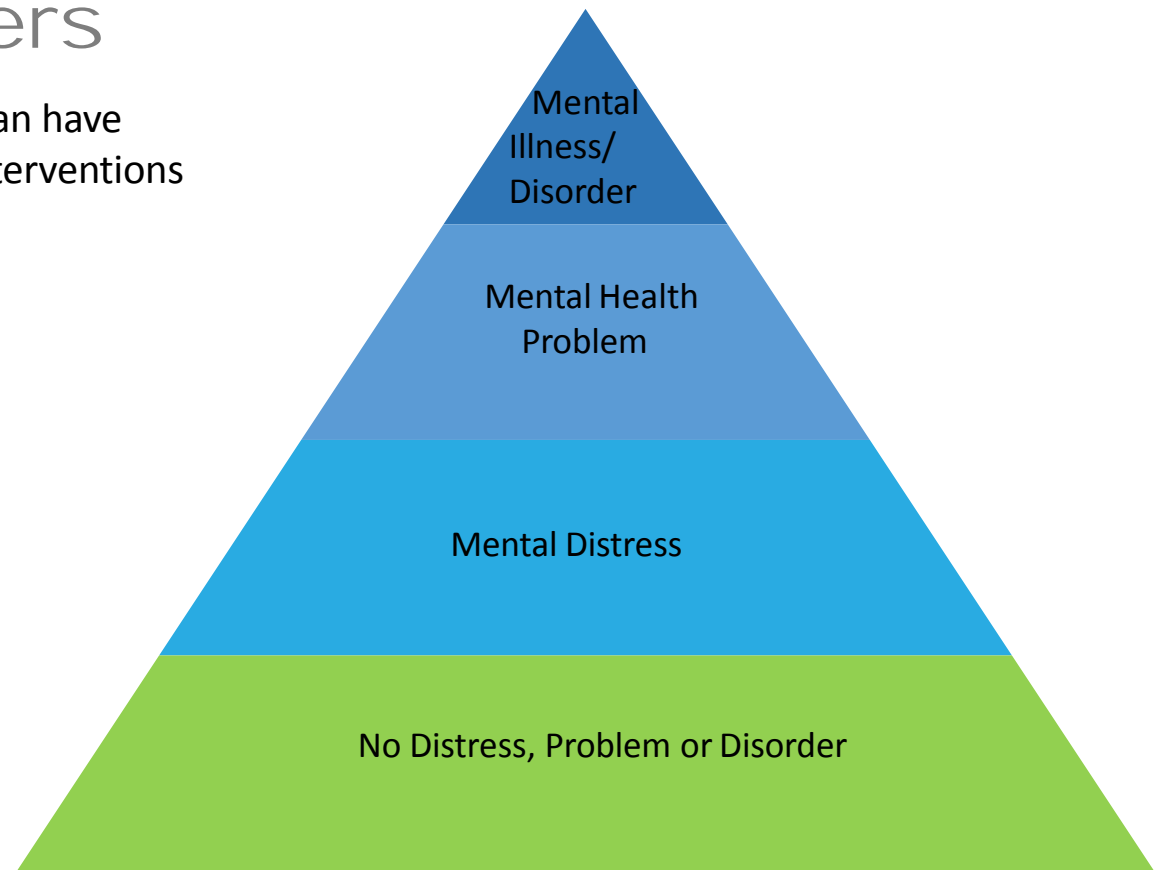# MENTAL HEALTH STATES: Language Matters

An individual with a mental illness can have good mental health by accessing interventions and learning coping strategies

Mental Illness/ Disorder

Mental Health Problem

Mental Distress

No Distress, Problem or Disorder

from *Mental Health & High School Curriculum Guide*
TeenMentalHealth.org