

Quality-of-Life

Mental health and QoL

by Tracey Campbell

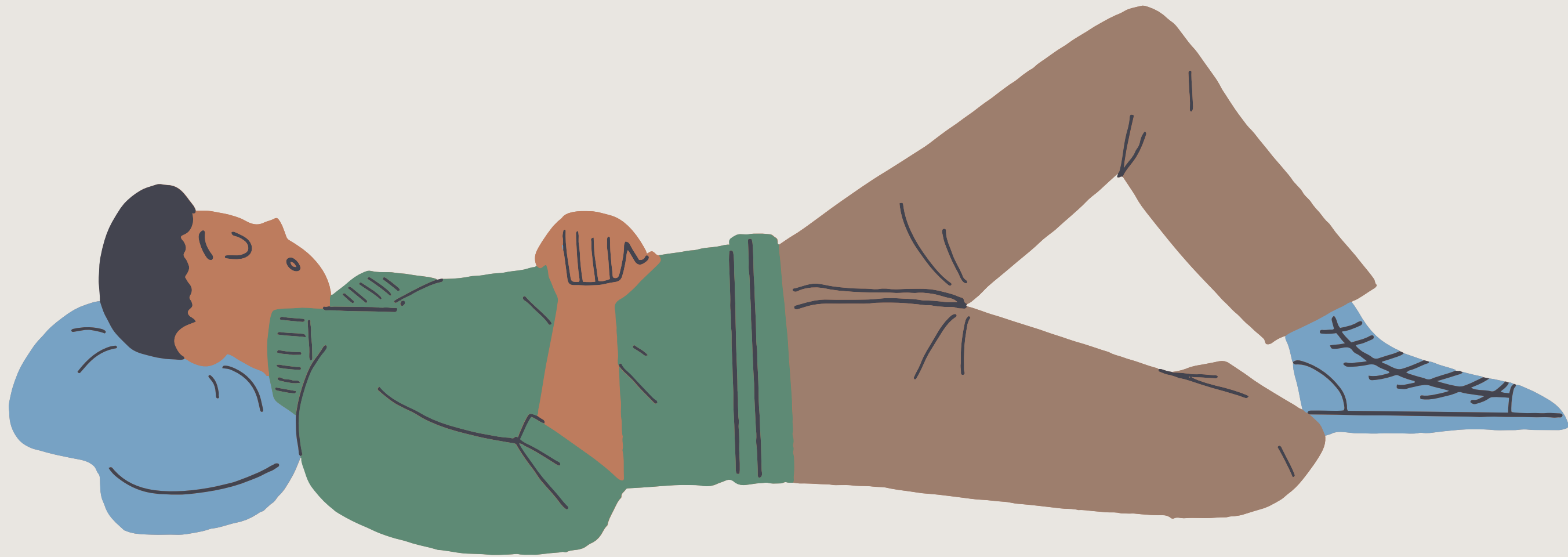
based on the World Health Organization Quality of Life scales



Mental health is about how often we worry.



Mental health is about how often we can feel relaxed.



Mental health is about how often we feel sad.



Mental health is about how often we can feel happy.



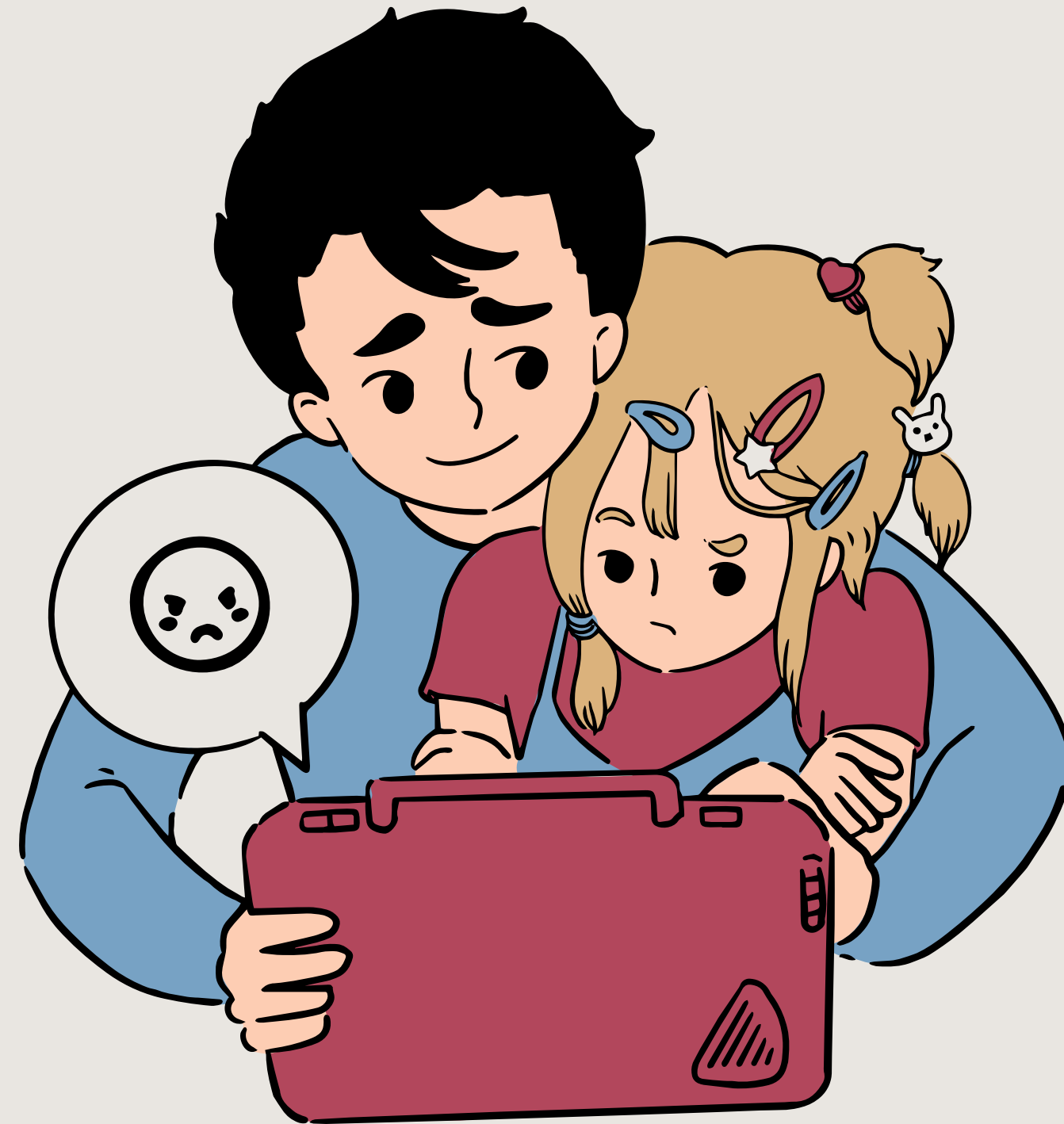
Mental health is about often it is easy to think.



We all feel unsafe, sad or worried some of the time.



We all find it hard to think, relax or feel happy some of the time.



QoL helps people think and talk about mental health.

