



# Mental Health

QUOTES

“Mental health is not a destination, but a process. It’s about how you drive, not where you’re going.”

— **Noam Shpancer, PhD**

“If you can’t fly, run. If you can’t run, walk. If you can’t walk, crawl, but by all means, keep moving.”

— **Martin Luther King, Jr.**

“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”

— **Albus Dumbledore**

“You don’t have to control your thoughts. You just have to stop letting them control you.”

— **Dan Millman**

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.”

— **Matt Haig**

“Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside - remembering all the times you’ve felt that way.”

— **Charles Bukowski**

“Your mental health is everything – prioritize it. Make the time like your life depends on it, because it does.”

— **Mel Robbins**

“What mental health needs is more sunlight, more candor and more unashamed conversation.”

— **Glenn Close**

“Change what you can, manage what you can’t.”

— **Raymond McCauley**