

Mental Health Literacy (MHL)



A Part of Health Literacy

Health literacy is how well a person can find, understand, and use information and services when making decisions about and taking action to support and promote the health of themselves and others. **MHL is an often-overlooked aspect of health literacy.**



Focused on Well-being

Initially, MHL focused on people's knowledge and beliefs related to identifying, preventing, and treating mental illness. As the field's **understanding of mental health evolved to include well-being**, so did the concept of MHL.



Knowledge, Attitudes, and Skills

MHL includes **four components**:

- 1) mental health knowledge,
- 2) the ability to build and maintain positive mental health,
- 3) the ability to seek help and provide support when you or someone else is struggling, and
- 4) mental health stigma reduction.



Contributes to a Healthier Wisconsin

Everyone has mental health, so **everyone needs MHL**. People with strong MHL are empowered to take better care of themselves, their loved ones, and their communities.



For more information, check out DPI's [Mental Health Literacy webpage](#).