



**Tuality Healthcare**  
*Building a healthier community.*  
Center for Geriatric Psychiatry  
Tuality Forest Grove Hospital  
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# info

## mental health

### **What Does Mental Health Look Like?**

- Mental Health is BALANCE
- Mental Health is the ability to form and sustain relationships
- Mental Health is the ability to face reality and deal with it
- Mental Health is the capacity to find satisfaction in giving and receiving
- Mental Health is the capacity to relate positively to life experiences
- Mental Health is the ability to accept frustration constructively
- Mental Health is relatively free of symptoms produced by stress and anxiety

**For more information call 503-359-6969.**