

The Eight Dimensions of WELLNESS*



Communication
among mental health
consumers, professionals,
and primary care
providers about health
information is essential
to overall wellness.

THE 10X10 WELLNESS CAMPAIGN

To promote wellness for people with mental illnesses by taking action to prevent and reduce early mortality by 10 years over the next 10 years. To find out more about the 10x10 Wellness Campaign, visit <http://www.10x10.samhsa.gov>.

For information, contact:

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* Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29,(4) 311- 3314.

