

PLEASE DO NOT THROW THIS OUT. KEEP THIS CARD!



MENTAL HEALTH — IT'S OK TO TALK ABOUT IT.

**EVERYONE HAS IT..... SOME MIGHT NEED HELP WITH IT.
WALK THE TALK AMERICA™ IS WITH YOU.**

Mental health conditions, such as depression or anxiety, are not only real, painful, and disruptive, but are common and treatable. Experiencing a mental health issue is nothing to be ashamed of, nor is it something to hide. Learning about mental health in general and understanding where you are with respect to your own mental health is an essential part of staying mentally healthy. One of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take an anonymous screen.

Free, anonymous screenings are available at:
WTTA.org/LOVE

For more information and resources, please visit WTTA.org
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