



WTTA
WALK THE TALK AMERICA

MENTAL HEALTH: IT'S OK TO TALK ABOUT IT

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 info and resources, please visit WTTA.org and sign up for our newsletter.



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