



# MENTAL HEALTH: IT'S OK TO TALK ABOUT IT.

Everyone struggles sometimes.  
Sometimes we need help. And that's okay!

As firearms owners, we often have a tough time admitting when we need help, and that is particularly true with our psychological struggles. One great way to check in on yourself and your mental state is to take a free and anonymous screening.

Walk the Talk America is made up of gun people who want to help other gun people while protecting our rights.

**Take a free & anonymous screening  
at [WTTA.org/LOVE](https://www.wtta.org/LOVE)**



Follow us @[walkthetalkus](https://twitter.com/walkthetalkus)

Learn more at [WTTA.org](https://www.wtta.org)



# **Be mindful of your mental health! #MentalHealthMatters**

National Crisis Hotline: Call or text **988**

*In memory of William J. "STROH" Strohmenger*