

**SINCE 2014, OVER 250,000 CAREGIVERS HAVE  
TAKEN A SCREEN AT MHASCREENING.ORG.  
OVER 3/4 OF THEM SHOWED MODERATE OR  
SEVERE SYMPTOMS OF A MENTAL HEALTH  
CONDITION.**



**Mental Health America**

LEARN MORE ABOUT CAREGIVING AT [BIT.LY/MHCAREGIVER](https://bit.ly/MHCAREGIVER).

**BEING A CAREGIVER CAN BE HARD, SO IT'S  
IMPORTANT TO CHECK IN ON YOUR OWN  
MENTAL HEALTH. VISIT MHASCREENING.ORG  
TO TAKE A FREE, ANONYMOUS, AND  
CONFIDENTIAL SCREEN.**