

CARING FOR YOURSELF IS AN IMPORTANT PART OF BEING A CAREGIVER



SINCE 2014, OVER 250,000 CAREGIVERS HAVE TAKEN A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org). OVER 3/4 OF THEM SHOWED MODERATE OR SEVERE SYMPTOMS OF A MENTAL HEALTH CONDITION.

BEING A CAREGIVER CAN BE HARD, SO IT'S IMPORTANT TO CHECK IN ON YOUR OWN MENTAL HEALTH FROM TIME TO TIME.

VISIT [MHASCREENING.ORG](https://mhascreening.org) TO TAKE A FREE, ANONYMOUS, AND CONFIDENTIAL SCREEN.



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