

**WHEN WE REACH
OUT FOR HELP,
WE BEGIN TO
HEAL OURSELVES
AND OUR
COMMUNITIES.**



**TAKE A FREE MENTAL
HEALTH TEST AT
MHASCREENING.ORG.**



SCAN THE CODE OR VISIT [MHANATIONAL.ORG/JULY](https://mhanational.org/july)
TO DOWNLOAD THE BIPOC MENTAL HEALTH TOOLKIT.

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