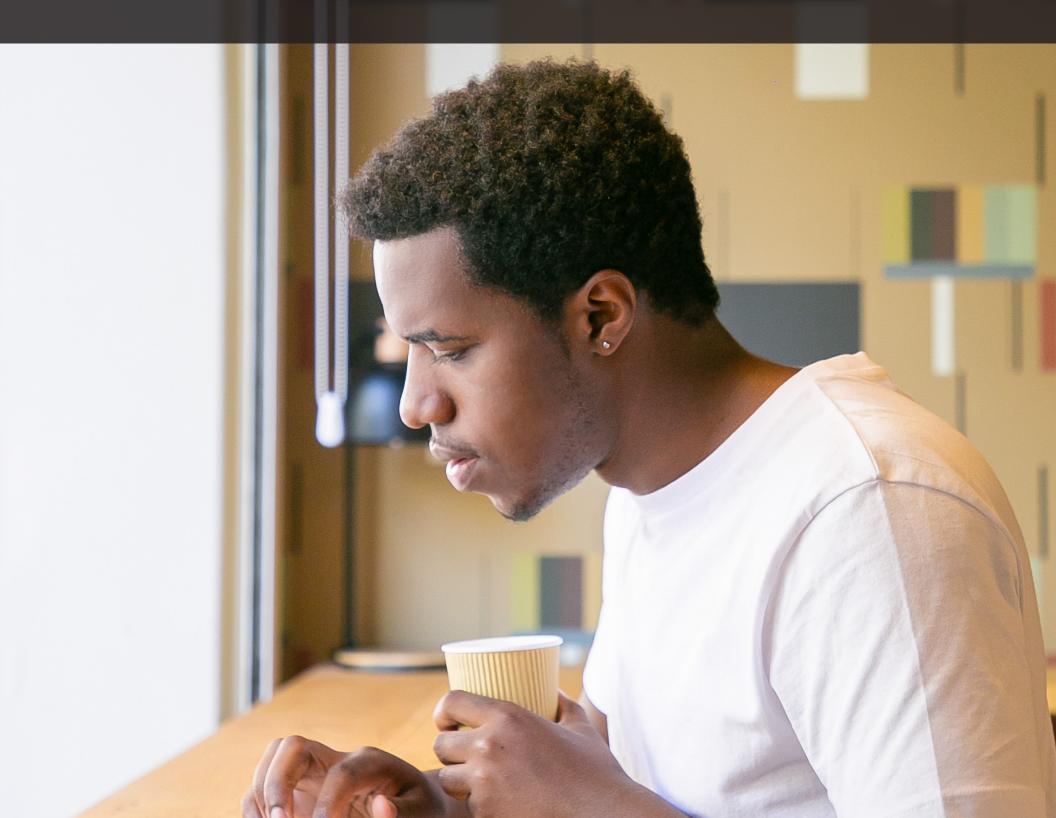
WHEN WE REACH OUT FOR HELP, WE BEGIN TO HEAL OURSELVES AND OUR COMMUNITIES.

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





Mental Health America mhanational.org/july mhanational.org/bipoc