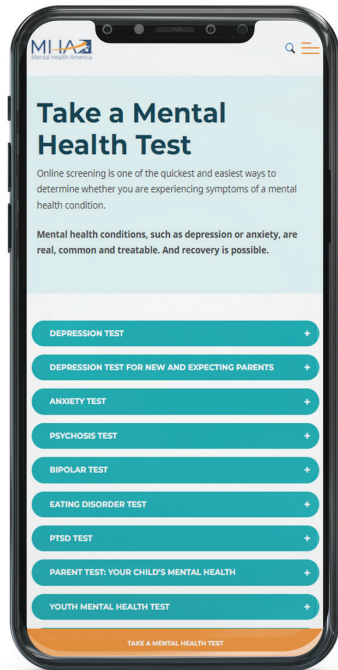


IS IT STRESS AND BURNOUT,  
OR ANXIETY AND DEPRESSION?

THE SIGNS ARE SOMETIMES SIMILAR.

TAKE A SCREEN AT MHASCREENING.ORG.  
IT'S A QUICK, FREE, AND PRIVATE WAY  
TO ASSESS YOUR MENTAL HEALTH.



# ARE YOU IN CRISIS?

Trained crisis counselors are available to help 24/7.  
Call 988 or text MHA to 741741 to talk to someone immediately.