

Mental Health Support Guide

The new Mental Health Support Guide from Each Mind Matters is a colorful brochure designed to be an introduction to mental health and wellness. Try sharing it in the following ways:



Health Fairs



Showcase practical prevention strategies as part of your outreach materials at public health events.

Hand out the detachable bookmark with fun, simple steps everyone can take for better mental health.

Navigators



Equip your resource navigators, peer or family staff, and front office employees with supplies of this brochure.

Share good, basic information about mental health, how to find help, and how to help others.

Info Packets



Include this brochure in your orientation packets, application materials, or intake forms.

Add your local resource information to this list of statewide resources and tips for finding additional support.

Presentations



Enhance your presentations to community programs or consumer and family committees.

Inspire stakeholders to get involved with your local and statewide mental health movements with this introduction.



Need more? This brochure was designed to be easily and economically printed on your color printer or copier.

For a free, printable download go to:
www.eachmindmatters.org/get-involved/spread-the-word/