Funded by counties through the voter-approved Mental Health Services Act

#EachMindMatters
TAKE WHAT YOU NEED

Say hello to someone new.
Say hello to someone new.

I am not alone.
I am not alone.

I can. I will. I am.
I can. I will. I am.

I am resilient, strong and brave.
I am resilient, strong and brave.

It's okay to ask for help.
It's okay to ask for help.

I have the power to create change.
I have the power to create change.

I give myself permission to do what is right for me.
I give myself permission to do what is right for me.

I offer empathy and understanding to others.
I offer empathy and understanding to others.

Empower somebody by listening to them.
Empower somebody by listening to them.