

WHEN CARING FOR THE ONES YOU LOVE, IT'S ALSO IMPORTANT TO CARE FOR YOURSELF – 4MIND4BODY.



If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit MHAScreening.org to check your symptoms.

Once you have your results, MHA will give you information and help you find tools and resources to feel better.



For those caring for someone living with a mental illness, visit ChoicesInRecovery.com for resources and support.