



**CONSTANT STRESS INCREASES YOUR RISK OF CHRONIC HEALTH CONDITIONS LIKE HEART DISEASE AND DIABETES, BUT DID YOU KNOW IT ALSO INCREASES YOUR RISK FOR ANXIETY AND DEPRESSION?**

**80% OF PEOPLE WITH CHRONIC HEALTH CONDITIONS WHO TAKE A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org) ALSO HAVE MODERATE TO SEVERE SYMPTOMS OF A MENTAL HEALTH CONDITION.**

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](https://MHAScreening.org) to check your symptoms.

It's free, confidential, and anonymous.

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

**MHA**  
Mental Health America  
**B4Stage4**