

JOIN US FOR
**MENTAL
HEALTH
DAY** AT THE 
CAPITOL

WEDNESDAY, MARCH 15 | 1 P.M. – 4 P.M.

DID YOU KNOW:

- A mental illness is an illness that affects how we think, feel, and act.
- One in five people will experience a mental health issue during their lifetime.
- Recovery is possible! People with mental illness can and do live successful and happy lives.

**YOU CAN HELP
MAINTAIN POSITIVE
MENTAL HEALTH BY:**

- Staying physically active.
- Socializing and connecting with other people.
- Getting professional help when you need it.



There is always someone willing to help. The Department of Mental Health Toll Free Help Line is available 24 hours a day, 7 days a week at 1-877-210-8513. If you or someone you know needs help, don't hesitate to call.