

Say it out loud.

Mental health is a vital part of
your overall health and well-being.

For ideas on how to
promote good mental health
for yourself and your family,
visit **www.mentalhealthillinois.org**

For mental health referrals and information,
call 866.359.7953 or 866.880.4459 TTY

Sponsored by the State of Illinois
Department of Human Services, Division of Mental Health,
and the Illinois Children's Mental Health Partnership

