



**Mental health is a vital part of your overall health and well-being.
Trust your instincts. Ask for help when you need it.**

Say it out loud.

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
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