



Sheriff Ed



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HOW ARE YOU, REALLY?

Not everyone has mental health concerns, but we all have mental health.

Staying mentally healthy takes many forms, from exercise, to talking with friends and family to seeking out a counselor. You are not alone.

Find community resources, at ColumbusUnitedWay.com/mentalhealth

Your Mental Health Matters

Brought to you by:



Columbus Area United Way



Mariano



Jenna