



# 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](http://ColumbusUnitedWay.com/mentalhealth)

**Your Mental Health Matters**

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Columbus Area  
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