

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



Sheriff Ed



Luz



Jenna



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