# HOW ARE YOU, REALLY?

Riley

Coach Frenzen

Paula

Jacob

June

## Find a person you trust and talk to them.

Whether it's a family member, counselor, or close friend, help is available.

Remember: somebody is always ready to listen and offer support.

Find more mental health resources at ColumbusUnitedWay.com/mentalhealth

## Your Mental Health Matters.

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United Way Columbus Area United Way

Community & Family Partnership

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