

Each Mind Matters



Funded by counties through the voter-approved Mental Health Services Act

#EachMindMatters

TAKE WHAT YOU NEED

Say hello to someone new.

Say hello to someone new.

I am not alone.

I am not alone.

I can. I will. I am.

I can. I will. I am.

I am resilient, strong and brave.

I am resilient, strong and brave.

It's okay to ask for help.

It's okay to ask for help.

I have the power to create change.

I have the power to create change.

I give myself permission to do what is right for me.

I give myself permission to do what is right for me.

I offer empathy and understanding to others.

I offer empathy and understanding to others.

Empower somebody by listening to them.

Empower somebody by listening to them.