

I AM MENTALLY HEALTHY

One in four Americans suffer from some sort of mental health disorder every single year. Reducing the stigma of accessing care when it's needed most is vital in creating a mentally healthy workplace.

The **Mental Health First Aid Toolkit** helps you identify, understand and respond to signs of mental illness and substance use disorders – whether in yourself or others.

Visit the toolkit at www.mhfirstaid.tools to learn more and find resources including mental health apps, hotlines, tip sheets and more.



WWW.MHFIRSTAID.TOOLS