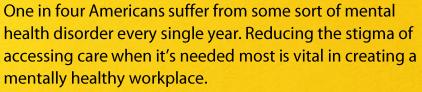
I AM MENTALLY HEALTHY



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 <u>www.mhfirstaid.tools</u> to learn more and find resources including mental health apps, hotlines, tip sheets and more.



WWW.MHFIRSTAID.TOOLS