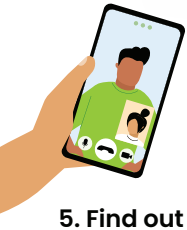
10 ways to Take Action for Mental Health

1. Check in on your own mental health **to see if you might need some self-care or support.**

2. Start a conversation with a friend, family member, or coworker **to check in on their mental health.**

3. Build self-care activities into your life to give your mind and body the break they need to recharge.



4. Stay in touch with the friends, family members, neighbors, and coworkers **who are a positive force in your life.**

5. Find out the warning signs that it's time to get help for your or someone else's mental health.

6. Learn about the **services and support options available.**

7. Take the pledge to take action for mental health—for all of us!

8. Wear a lime green ribbon and share why mental health matters to you when someone asks about it.

9. Share content from @TakeAction4MH on social media to get your community talking.

10. Complete your wellness plan so **you are ready for support.**

Get started at TakeAction4MH.com!

Take Action

FOR MENTAL HEALTH

CHECK IN

LEARN MORE

GET SUPPORT

Take Action at
TakeAction4MH.com

Connect on social media
@TakeAction4MH

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).