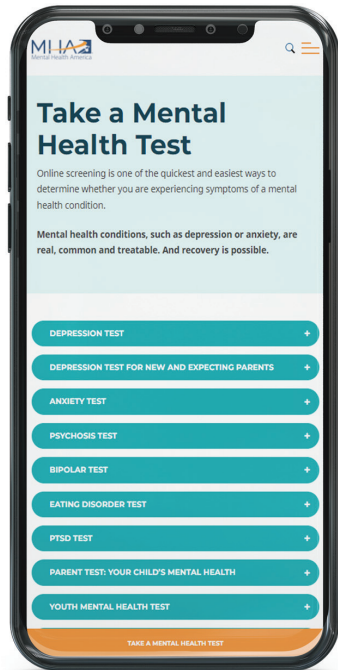


IS IT STRESS AND BURNOUT,
OR ANXIETY AND DEPRESSION?

THE SIGNS ARE SOMETIMES SIMILAR.

TAKE A SCREEN AT MHASCREENING.ORG.
IT'S A QUICK, FREE, AND PRIVATE WAY
TO ASSESS YOUR MENTAL HEALTH.



ARE YOU IN CRISIS?

Trained crisis counselors are available to help 24/7.
Call 988 or text MHA to 741741 to talk to someone immediately.