

# WHY DO WE CELEBRATE MENTAL HEALTH AWARENESS DAY?

- To bring attention to mental illness in general.
- To bring attention to major effects on people's lives suffering from mental illness.
- To advocate for those living with a mental illness.
- To encourage people to talk about mental health and wellness.

# CONTACT YOUR COUNSELORS!

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# I AM...

Download the I AM app to receive positive affirmation notifications right to your phone!

Affirmations promote positive thinking and self-empowerment—fostering a belief that "a positive mental attitude supported by affirmations will achieve success in anything."

Apple App:

Google App:

