

# I AM MENTALLY HEALTHY

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One in four Americans suffer from some sort of mental health disorder every single year, leaving many people believing they don't have anywhere to turn. Being able to understand and respond to the signs of mental illness and substance abuse disorders is the first step in reducing the stigma of accessing care when it's needed most.

Your program's licensed counselors provide confidential and professional support to help boost your mental health. Our 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. The toolkit also includes mental health apps, hotlines, tip sheets and more.



[WWW.MHFIRSTAID.TOOLS](http://WWW.MHFIRSTAID.TOOLS)