

**REACH
OUT.**



**CHECK
IN.**

**IT'S OKAY NOT TO BE OKAY.
YOU'RE NOT ALONE.**

REACH OUT AND TALK TO:

- ✓ Your doctor
- ✓ A therapist
- ✓ Someone at school
- ✓ A friend

Scan to
learn more



#UNITEDaroundmentalhealth
unitedwayhallcounty.org/reachout



United Way of Hall County