SAVE THE DATE!

THURSDAY OCT. 8, 2020

CHECK YOUR MOOD DAY
VIRTUAL

GO ONLINE TO:

☑ Take a **FREE** and anonymous Check Your Mood screening

☑ Access mental health resources on depression and other mental health illnesses

☑ Help raise awareness for mental health by promoting Check Your Mood Day!

Good mental health starts with you. How are you feeling?

Check Your Mood Day is an annual event to engage and encourage San Diegans to assess and monitor their emotional well-being.

Getting screened for depression is an important part of healthcare checkups, much like getting your blood pressure checked or being screened for heart disease or diabetes.

Virtually join other community members across San Diego county to get **FREE** mental health resources, information, and self-administered screenings to **Check Your Mood** and help raise awareness for mental health!

For more information about Check Your Mood Day and to access resources, please visit:

www.LiveWellSD.org/CheckYourMood

CHIP
BEHAVIORAL HEALTH WORK TEAM
COMMUNITY HEALTH IMPROVEMENT PARTNERS
making a difference together

MHA
Mental Health America

It's UP to US
Up2SD.org

LIVE WELL
SAN DIEGO