

SAVE THE DATE!



CHECK YOUR MOOD

In recognition of National Depression Screening Day, **Check Your Mood Day** is an annual event that engages and encourages San Diegans to assess their emotional well-being. Join partners across the county to provide free mental health resources, information and Check Your Mood screenings to the San Diego County community to help raise awareness of mental health!

There are many ways community organizations can provide support:

- ✓ Distribute flyers and promote Check Your Mood Day on social media
- ✓ Contribute materials and resources for community sites
- ✓ Host a Check Your Mood information table (no staff)
- ✓ Host and staff a resource table with Check Your Mood screenings

THURSDAY
OCTOBER
10
2019

For more information or to register for Check Your Mood Day 2019, please visit:

www.LiveWellSD.org/CheckYourMood



BE A PART OF THE CONVERSATION.

It's up to us to **STOP THE STIGMA** around mental illness.
Join us on social media and help create a stigma-free San Diego!

#StigmaFreeSD