SAVE THE DATE!

THURSDAY OCT. 5, 2023

Ways to Support Check Your Mood Day:



Host and staff in-person sites with screenings

Display a resource table of event materials (no staff)

Participate in the social media campaign

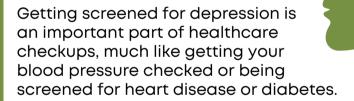
Participate virtually by accessing and sharing the e-toolkit

here or scan the QR code



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.



Join other community members across San Diego County to get FREE mental health resources, information. and self-administered screenings to Check Your Mood Day and help raise awareness for mental health!





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

www.CheckYourMoodSD.org







