

SAVE THE DATE!

THURSDAY
OCT. 5, 2023

Ways to Support Check Your Mood Day:

- Distribute flyers and promote the event
- 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

To sign up & support: [Click here](#) or scan the QR code

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.

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



Up2SD.org

Revised 9/1/23