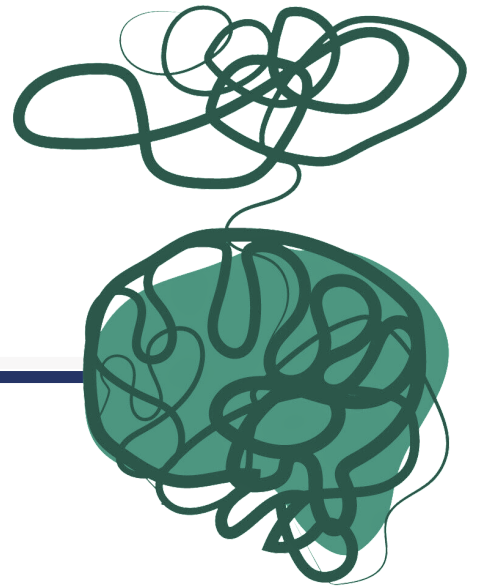


MENTAL HEALTH MATTERS



Just like physical health can change, so can mental health. If you or a friend want to discuss mental health resources, **help is available.**

Start by visiting,
www.kent.edu/h2h-resources
for mental health resources.



Those who display the Hear to Help logo have a deeper understanding of mental health and substance use and can help connect individuals with appropriate resources.