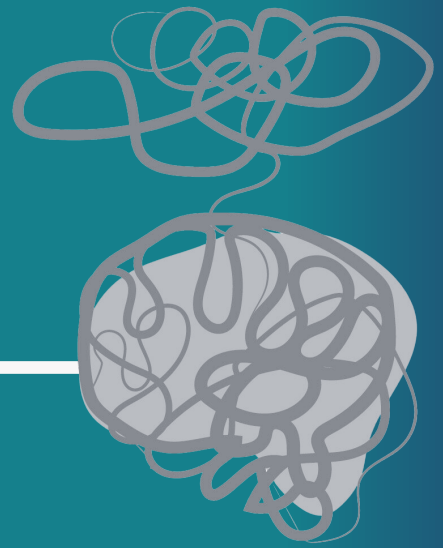


# MENTAL HEALTH MATTERS

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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/cpph](http://www.kent.edu/cpph) 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.