



LET'S
TALK

about our Mental Health



What is mental health?

Mental health is the health of our mind. It affects how we think, how we feel and how we live our lives.

Mental health is a part of life.

Just as the world around us affects our mental health, our mental health affects how we react to the world around us.



Asking for help can help!

Talking to a friend can help our mental health.



We all have mental health.

Everyone experiences mental health differently, but we're all in this together. Let's Talk about it.



Start the conversation.
Go to LetsTalkCO.org to learn more.