

We all have  
mental health.



That's why we should  
talk about it.

# What is mental health?

Mental health is the health of our mind; the combination  
of our thoughts, emotions and behaviors.



Why should we care about  
our mental health?

Positive mental health allows  
us to feel good about our lives.



Start the conversation.  
Go to [LetsTalkCO.org](https://LetsTalkCO.org) to learn more.

