



# Hope & Help.

**988** SUICIDE & CRISIS  
LIFELINE

Call. Text. Chat. 24/7

# 2024

# MAY MENTAL HEALTH MONTH

# GET YOUR GREEN ON!

Mental health challenges affect **1 out of 6** adults in California. Join us to create a stigma free Marin.

Register for mental health events at  
<https://prevention.marinbhrs.org/MMHM2024>

Brought to you by  
The County of Marin, Health & Human Services

