



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.marinbhhs.org/MMHM2024>

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

