

NATIONAL DEPRESSION SCREENING DAY

Sad?

Stressed?

Constantly fatigued?

Nervous and worried?

Hard time concentrating?

*Troubled by painful events
from the past?*

*Difficulty controlling your
substance use?*

*Concerned about how
much you drink?*

Mood changes?

**TAKE A
FREE, ONLINE
MENTAL
HEALTH
SCREENING!**

<https://screening.mentalhealthscreening.org/kent>

**YOU ARE NOT ALONE
FLASHES TAKE CARE OF FLASHES**