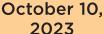
World Mental Health Day





Simple steps for recognizing depression from **Life**Matters[®]



Identify Symptoms









Self-Care Strategies



Eat Healthy Foods



Exercise 20-30 Minutes a Day



Create a Stress Management Routine



Take Medications as Prescribed

Seek Support



Spend Time with **Loved Ones**



Talk to a Doctor

Contact LifeMatters®



World Mental Health Day: **Recognizing & Combating** Mental Health Issues

Tuesday, October 10, 2 p.m. EDT Session Password: Ycd7hyMpr37



Mental Health Around the World

Available in October from OnTopic with Empathia







