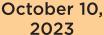
# World Mental Health Day





Simple steps for recognizing depression from **Life**Matters<sup>®</sup>



# **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

#### 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







