

SAVE THE DATE!

THURSDAY
OCT. 6, 2022

CHECK YOUR MOOD DAY



Ways to Support Check Your Mood (CYM):

-  Distribute flyers and promote Check Your Mood Day
-  Participate virtually by accessing and sharing the e-toolkit
-  Participate in the CYM social media campaign
-  Display a resource table of CYM materials (no staff)
-  Host and staff in-person site with CYM screenings

Good mental health starts with you. How are you feeling?

Check Your Mood Day (CYM) is an annual event to engage and encourage San Diegans to assess and monitor their emotional well-being.



Getting screened for depression is an important part of healthcare checkups, much like getting your blood pressure checked or being screened for heart disease or diabetes.

Join other community members across San Diego County to get **FREE** mental health resources, information, and self-administered screenings to **Check Your Mood** and help raise awareness for mental health!

For more information about Check Your Mood Day and to access resources, please visit:

www.checkyourmoodsd.org



SCAN ME

