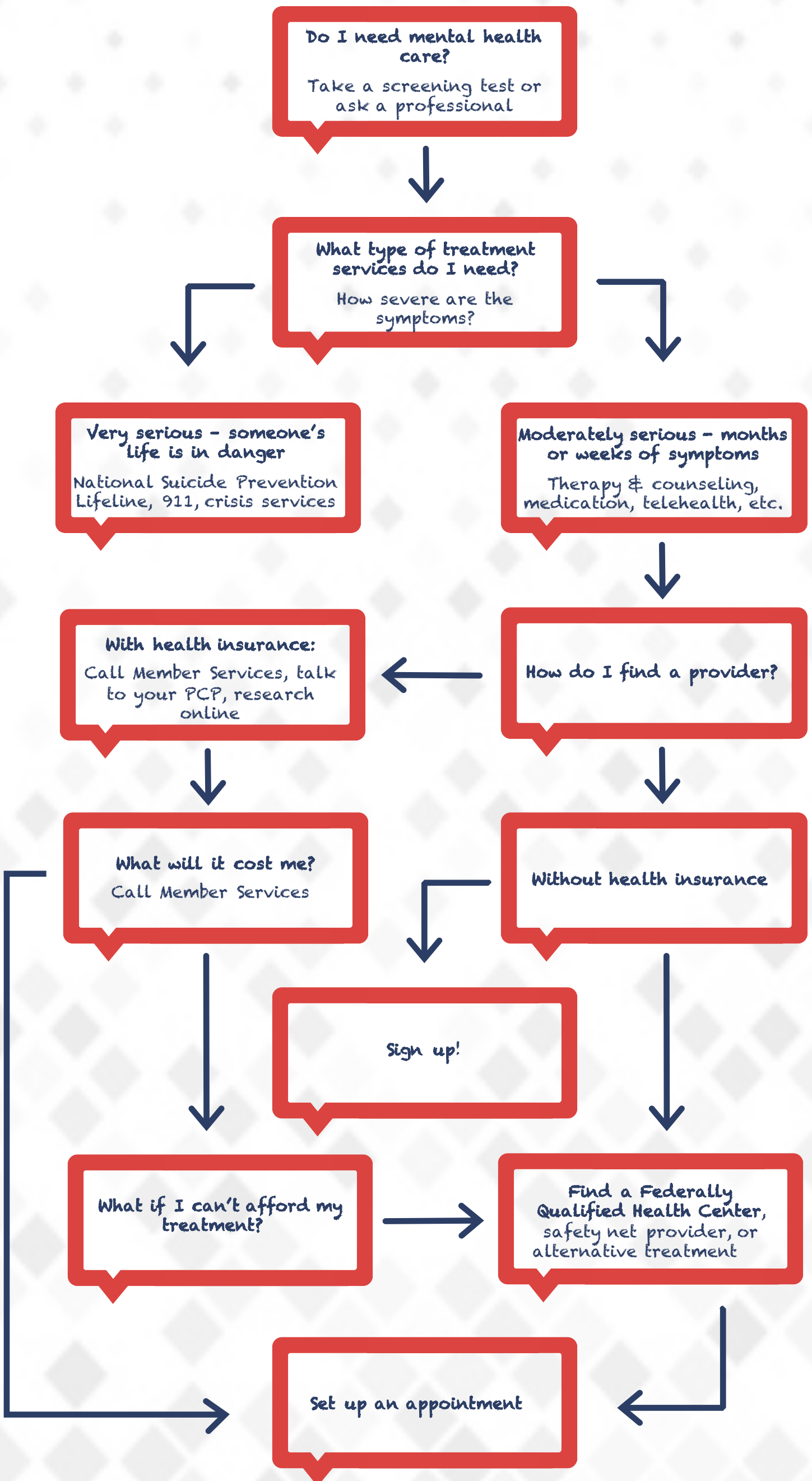


Young Adults: Follow this Roadmap to Mental Health Support

There's help around the corner!



Being stressed or sad can be tough, but getting help shouldn't be. For more details on each step, visit www.younginvincibles.org/fact-sheets/mental-health-toolkit