



## Distribution Guide – Speak Up™ For Your Mental Health

This distribution guide is intended to help care providers in different care settings educate their patients on how to advocate for themselves and their mental health.

Mental health is just as important as someone's physical health. Depression and other mental health issues are common, and like physical illnesses they need to be treated. Mental health issues also can affect a person's thinking, feelings, mood, how they relate to others, and even how they function throughout the day. However, depression is a serious condition—and it is helpful to know the signs and symptoms.

Behavioral Health Care and Human Services Organizations:

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Hospitals:

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