



Delta Sigma Theta Sorority, Inc.

NATIONAL
DEPRESSION
AND
MENTAL HEALTH
SCREENING MONTH

AWARENESS • EDUCATION • SUPPORT • ACTION

Mental Health Matters
YOU ARE NOT ALONE

- ♥ Check In
- ♥ Break the Stigma
- ♥ Seek Support
- ♥ Know the Signs
- ♥ Prioritize Your Well-Being



AWARENESS
KNOW
THE SIGNS



EDUCATION
LEARN
THE FACTS



SUPPORT
BE THERE
FOR OTHERS



EMPOWERMENT
PROMOTE
WELL-BEING



HEALTHY LIVING
TAKE CARE
OF YOU

SERVICE • SISTERHOOD • SCHOLARSHIP • SOCIAL ACTION