

**LAUNDRY CAN WAIT**

**YOUR NEWSFEED CAN WAIT**

**EMAILS CAN WAIT**

**DISHES CAN WAIT**

**MENTAL HEALTH  
CAN'T WAIT**

**TURN  
AWARENESS >>  
INTO ACTION**

- Wear Green for Mental Health
- Light Up Green: Use green lights on your building
- Take a mental health screening at:  
<https://mhaky.org/programs/mental-health-screenings/>