

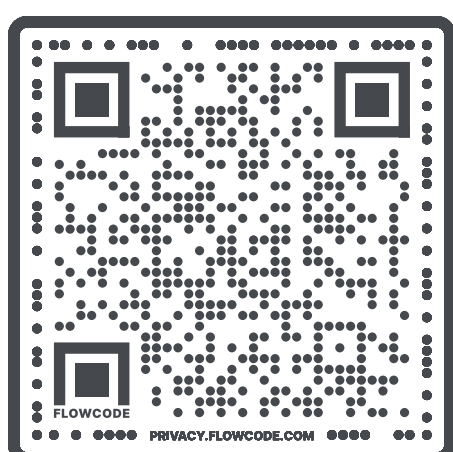


**OBHPP**

Office of Behavioral Health  
Promotion & Prevention



# What's on your mind?



Some days feel harder than others. Taking a moment for yourself, reaching out to someone you love, or asking for support can help lighten the load. Learn about caring for your well-being and mental health screening options. **Visit [Mass.gov/WhatsOnYourMind](https://www.mass.gov/WhatsOnYourMind)**