



What's on your mind?

Your mental health is just as important as your physical health, so why is it harder to talk about it? Opening up about whatever you're going through can help all of us feel more seen, heard, and supported.



OBHPP
Office of Behavioral Health
Promotion & Prevention

Learn about caring for your well-being and mental health screening options. Visit [Mass.gov/WhatsOnYourMind](https://www.mass.gov/WhatsOnYourMind)



What's on your mind?

Your mental health is just as important as your physical health, so why is it harder to talk about it? Opening up about whatever you're going through can help all of us feel more seen, heard, and supported.



OBHPP

Office of Behavioral Health
Promotion & Prevention

Learn about caring for your well-being and mental health screening options. Visit [Mass.gov/WhatsOnYourMind](https://www.mass.gov/WhatsOnYourMind)



What's on your mind?

We all feel alone at times. Reaching out to friends or family, giving back to your community, or connecting with a supportive professional can make a real difference. Everyone deserves to feel seen, heard, and cared for.



OBHPP

Office of Behavioral Health
Promotion & Prevention

Learn about social connection and mental well-being.

Visit mass.gov/WhatsOnYourMind



What's on your child's mind?

Trust your instincts. If something feels off, like changes in mood, energy, sleep, or connection, starting a conversation can help.



OBHPP

Office of Behavioral Health
Promotion & Prevention

Learn about your child's well-being, screening options
and connections to care. Visit [Mass.gov/WhatsOnYourMind](https://www.mass.gov/WhatsOnYourMind)