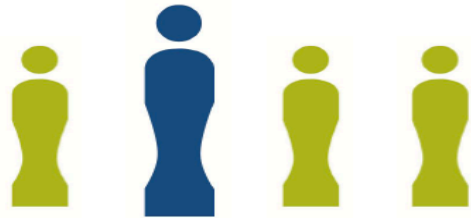




While everyone might not suffer from mental illness, everyone does have mental health.

1 in 4 of the people you see every day has a mental health disorder.



Most won't seek help.
But most who seek help get better.

What will you do to fight the stigma?

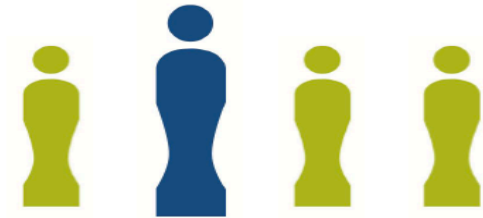
JOIN US!

For more information on advocating for mental health contact Andrea Nguyen or Jacqueline Dybuvarang at activeminds4VCU@gmail.com



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