

# Mental Health Month

May 2015



 *Mind Your Health  
B4Stage4*  
*Changing the way we think about mental health*

  
Mental Health America  
[www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

Connecticut Department of Mental Health and Addiction Services  
[www.ct.gov/dmhas](http://www.ct.gov/dmhas)

For Information and Resources contact:  
Connecticut Clearinghouse  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 800.232.4424



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Clearinghouse  
a program of the Connecticut Center  
for Prevention, Wellness and Recovery

