



CONSTANT STRESS INCREASES YOUR RISK OF CHRONIC HEALTH CONDITIONS LIKE HEART DISEASE AND DIABETES, BUT DID YOU KNOW IT ALSO INCREASES YOUR RISK FOR ANXIETY AND DEPRESSION?

80% OF PEOPLE WITH CHRONIC HEALTH CONDITIONS WHO TAKE A SCREEN AT [MHASCREENING.ORG](https://mhascreening.org) ALSO HAVE MODERATE TO SEVERE SYMPTOMS OF A MENTAL HEALTH CONDITION.

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit MHAScreening.org to check your symptoms.

It's free, confidential, and anonymous.

Once you have your results, MHA will give you information and help you find tools and resources to feel better.

