

# WHEN CARING FOR THE ONES YOU LOVE, IT'S ALSO IMPORTANT TO CARE FOR YOURSELF – 4MIND4BODY.



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](https://MHAScreening.org) to check your symptoms.

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



For those caring for someone living with a mental illness, visit [ChoicesInRecovery.com](https://ChoicesInRecovery.com) for resources and support.