



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

12/5/22

Mental Health Mondays

Happy Mental Health Monday! [Click](#) to learn about Social Isolation and what helps prevent loneliness and social isolation. To view previous highlights, visit the Director's Office page under [Mental Health Mondays](#).

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH