

Improving lives through supports and services that foster self-determination.

4/17/23

Mental Health Mondays

Happy Mental Health Monday! <u>Click</u> to learn about stress and what you can do to help. To view previous highlights, visit the Director's Office page under <u>Mental Health Mondays</u>.

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

MISSOURI DEPARTMENT OF MENTAL HEALTH