

Every day is a mental health day



Improve your mental health one step at a time

Improving your mental health is a process. It doesn't just happen overnight. For many of us, maintaining good mental health requires making small, consistent efforts every day.

Thinking about a lifetime's worth of small steps may seem overwhelming, but in the words of Lao Tzu, "The journey of a thousand miles begins with one step." Take that first step. The ones that follow will become easier and you'll find yourself moving closer to your goals.

Here are a few resources with ideas you can use to start or continue your mental health journey.

Every day is a mental health day. We're here 24/7 for you and your household members.

Give us a call for free, confidential support and referrals for any emotional or mental health concerns you may have.

[View this week's resources](#)

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