



Start Fall Strong: Prioritize Your Mental Health!

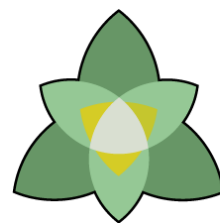
Let's Talk About It!

Mental health and substance use are a part of life for so many people—and open conversations help everyone.

Let's work together to:

- **Destroy** stigma and shame
- **Normalize** conversations around mental health
- **Support** one another on the path to wellness and success

The Learning Resource Center's Computer Lab is here for you. Take free, anonymous mental health screenings anytime you're feeling overwhelmed or just want to check in.



Trillium
HEALTH RESOURCES

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Date: September 18, 2025

Time: 11 a.m.–1 p.m.

Location: Halifax Community College
—Learning Resource Center

Ask questions. Get support. Grab resources.

TrilliumHealthResources.org Member & Recipient Services: 1-877-685-2415