

Mental Illness Awareness Week October 4-10

*Building Community:
Supporting Mental Well-being Together.*



This week underscores the power of meaningful connections, grassroots advocacy, and local action to strengthen mental health support. From childhood to adulthood, good mental health is important.

Feeling anxious, sad, or worried? It's okay to ask for help.

If you need support, give our Behavioral Health team
a call at **(213) 320-8748**



Providing God's spiritual
healing through healthcare.

cnhfclinics.org