

**SAVE THE DATE**



It's a **Rally!**

# Say it out loud.

Promoting good mental health for everyone in Illinois

**When?** Monday, May 12, 2–3 p.m.

**Where?** First floor of the Illinois State Capitol Building Rotunda  
301 S. Second Street, Springfield

**What?** The State of Illinois Department of Human Services, Division of Mental Health, and the Illinois Children's Mental Health Partnership launch their mental health promotion campaign, **Say it out loud.**

**Why join us?**

- **Because mental health is a vital component** of everyone's health and well-being.
- **We're launching an exciting new campaign** (including website, radio ads, billboards, etc.).
- We'll have **Say it out loud** palm cards and flyers.
  - **People will be saying it out loud!**

**Join the community on May 12** to increase awareness of mental health as a vital component of health and well-being. Bring along your family, friends and colleagues, and **Say it out loud!**

**For ideas on how to promote good mental health** for yourself and your family, visit **[www.mentalhealthillinois.org](http://www.mentalhealthillinois.org)**

For mental health referrals and information, call 866.359.7953 or 866.880.4459 TTY

Sponsored by the State of Illinois  
Department of Human Services, Division of Mental Health,  
and the Illinois Children's Mental Health Partnership



