

#STIGMAFREEFISHERS

Action Steps Hand Out



TAKE ACTION FOR A #STIGMAFREE FISHERS

1. Take the Pledge

2. Join the Cause: text NOSTIGMA to 35893 for updates on the initiative

3. Be Informed: www.fishers.in.us/mentalhealth

4. Start a Conversation: share the 5 signs of mental distress with your family and friends.