



Dear Friends,

The Mental Health Association of Palm Beach County would like to reach out to the community with free mental health screenings in honor of Mental Health Awareness Week. The screenings only take less than 5 minutes and include 9 questions. We can also provide resources and referrals to the many behavioral health providers in Palm Beach County.

If you or someone you know would like a free screening, please call our Mental Health GPS Helpline:

**561-801-HELP (4357) between 8:30 and 5pm**

Mental Health Awareness Week was established in 1990 by the U.S. Congress in recognition of efforts by the [National Alliance on Mental Illness \(NAMI\)](#) to educate and increase awareness about [mental illness](#). It takes place every year during the first full week of October. During this week, mental health advocates and organizations across the U.S. join to sponsor events to promote community outreach and public education concerning mental illnesses such as [major depressive disorder](#), [bipolar disorder](#), and [schizophrenia](#).

Please call today!