

Your organization can help!



CHECK YOUR MOOD DAY

Thursday, October 5, 2017

Getting screened for depression should be a regular part of healthcare checkups much like getting your blood pressure checked or being screened for heart disease or diabetes.

Check Your Mood Day is an event held annually to engage and encourage San Diegans to monitor and assess their emotional well-being. Join organizations across the county and across the nation on National Depression Screening Day and provide free mental health resources, information and Check Your Mood screenings to the community to help raise awareness for mental health!



There are multiple ways your organization can get involved:

- ✓ Distribute Check Your Mood Day flyers and encourage individuals to take a brief Check Your Mood screening on October 5th
- ✓ Contribute mental health resources and materials to Check Your Mood Day sites
- ✓ Increase awareness of depression and other mental illness via social media
- ✓ Host a Check Your Mood information booth (no staff) at your facility
- ✓ Host and staff a resource table at your facility with resources and Check Your Mood screenings

Register online today and join us on October 5th! Registration closes Friday, September 15th.

<https://www.surveymonkey.com/r/CYM2017>

For more information, contact a Check Your Mood Liaison near you:

NORTH COUNTY - Kat Casabar, MPH, CHES, katherine.casabar@sdcounty.ca.gov, 760-740-3046

EAST/NORTH CENTRAL - Manpreet Mumman, MPH, manpreet.mumman@sdcounty.ca.gov, 858-573-7346

CENTRAL/SOUTH - Jayne Reinhardt, MPH, jayne.reinhardt@sdcounty.ca.gov, 619-521-7456

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