Promise To Talk Today

Let's make it safe to talk about mental health.

Each of us deserves the opportunity to live a healthy, happy and productive life. That's why **Mission Hospital, St. Joseph Hospital, St. Jude Medical Center** invite you to join us in activating **Each Mind Matters**, California's Mental Health Movement, within our local communities.

Each Mind Matters unites us to talk openly and honestly about mental health. You can make a meaningful difference today by starting a safe, caring conversation with a family member or friend.

A great way to take that first step is to go to PromiseToTalk.org and make your promise to talk.

Come be part of our movement. Together, we can help each other and improve our community.

Promise to Talk

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Promise to Talk

CalMHSA

EachMind MATTERS
California's Mental Health Movement

Activated locally by

St. Joseph Health℠

Mission Hospital
St. Joseph Hospital
St. Jude Medical Center