



# Let's Talk about Mental Health

Join us and make a  
**“Promise to Talk.”** Write your first  
name on this poster to show your support.



 **Each Mind  
MATTERS**  
California's Mental Health Movement

Activated locally by

**St. Joseph Health**   
Mission Hospital  
St. Joseph Hospital  
St. Jude Medical Center



**@PromiseToTalk**  
**#PromiseToTalk**