

“ I care about you. How have you been feeling lately? ”



Let's talk about mental health.

When it comes to mental health, caring conversations make a difference. A simple talk or call is a great start. It lets someone know you are there for them.

Starting conversations in a safe way can lead to early support and help. So let's unite as a community and promise to talk openly and honestly about mental health. Join **Mission Hospital, St. Joseph Hospital, St. Jude Medical Center** and **Each Mind Matters** and become part of California's Mental Health Movement right here in Orange County.

Visit [PromiseToTalk.org](https://www.PromiseToTalk.org) today and get tips on starting a conversation. See what people are sharing about their own story. And join thousands of community members by making your promise to talk today.



Promise to talk

CalMHSA



California's Mental Health Movement

Activated locally by

St. Joseph Health 

Mission Hospital
St. Joseph Hospital
St. Jude Medical Center