

#JustCheckingIn

We can all take part in Mental Health Awareness Month



It's hard to know what someone else is going through. That's why the most important thing we can do is be kind. Be compassionate. Be supportive.

In recognition of Mental Health Awareness Month, we're asking you to reach out to your friends, neighbors, family and community to start a smile.

It's as simple as performing a small gesture. Giving a token of appreciation. Providing an encouraging word. All of these actions show that you care, and in turn, let the someone else know they are cared for.

And that's a beautiful thing that matters more than you'll ever know.

Please cut out these gift tags and attach them to your gifts with a message. Thanks for starting a smile for someone.

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namichicago.org/justcheckingin

TO _____

FROM _____

BECAUSE _____

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