

Read Your Mind



Reading and understanding mental health is important to healthy living and feeling well!

Learning about mental health issues can improve the health of your mind and body for total wellness.

The more you know about mental health, the greater your chances for having the best possible health and wellness outcomes.

Understanding mental health issues helps you to:

- make more informed health decisions
- prevent or reduce your chances for developing some illnesses or health issues
- improve treatment outcomes or recovery from certain illnesses
- communicate more effectively with health and mental health professionals

Your local library is a great source of mental health and wellness books, materials and information. Visit one in person or online at www.houstonlibrary.org or www.hcpl.net.

Read Your Mind is a mental health literacy and awareness program of Mental Health America of Greater Houston in cooperation with the Houston Public Library and Harris County Library Systems.



www.mhahouston.org

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