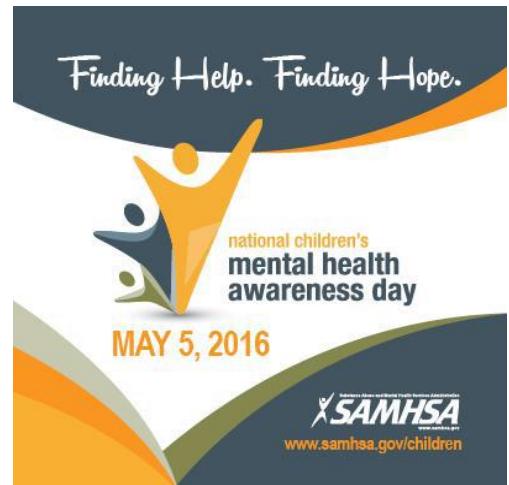


Text, Talk, Act

Text, Talk, Act. Because mental health matters.

Across the country, young people are having a nationwide conversation on mental health and how to help a friend in need. Through text messaging, small groups receive discussion questions to lead them through a conversation about mental health.



Because this conversation should include all of us.

Join the Illinois Department of Human Services, Division of Mental Health Child and Adolescent Services on May 5, 2016 at 12:00 pm in Text, Talk, Act, and invite your friends. Bring your friends, family and peers together to take part in this nationwide event. When you are ready, text START to 89800*.

Here's how:



Let IDHS/DMH know if you are participating and if you have questions. Contact Terry Solomon at terry.solomon@illinois.gov.