



# WHEN IT'S **NOT** JUST THE **WEATHER**

Depression is a darkness that few can navigate alone. There's strength in understanding that you need help to find your way back to the light.

Mental illnesses are common, real and require treatment like any other health condition. If you are having thoughts of suicide or experiencing a mental health crisis, you are not alone.

**STOP THE STIGMA.  
START THE  
CONVERSATION.**

Call **[NAME OF ASSOCIATION]**  
at **(123) 456-7890** or visit  
**[amenityhealth.com](http://amenityhealth.com)**.



FOR 24/7 CONFIDENTIAL SUPPORT,  
CALL TEXT OR CHAT 988.



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HEALTH