

We want to hear from YOU



about mental health

We want to hear from young adults who:

- ▶ Are 18-30 years old
- ▶ Have a disability
- ▶ Have a mental health diagnosis or receive treatment for mental health symptoms (*for example: medication*).

You can tell us about your experience by:

- ▶ Taking our survey: tinyurl.com/yc25mk5y
- ▶ Sharing your story at a Virtual Town Hall: tinyurl.com/y8yat7zq

You will be entered to win a \$25 gift card.

We will give out 20 gift cards.

YOU CAN DO ONE OR BOTH!

Your survey answers and stories will help us understand what can make mental health treatment for young adults with disabilities better.

Questions? Contact: yellbulab@gmail.com

For more information visit our Facebook page www.facebook.com/iddmh

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