

**Know the Signs,
Get the Help**

Pillars of Mental Health



Why mental health awareness?

Mental health issues are not a sign of weakness. Know the warning signs in yourself and your peers. There is help available.

Recognize red flags by taking a self-assessment. Know that it's okay to not be okay.



wv988.org

source: valiantforblue.org | thelap.org

This project was supported, in whole or in part, by federal award number 16COPS-24-00-02558-PPSE awarded to The City of Bluefield by the U.S. Department of Justice, Office of Community Oriented Policing Services