

Make dinner a selfless act by joining us for a fundraiser to support Unmasking Mental Health2. Come in to the Chipotle at **4109 Talmadge Road** in Toledo on **Monday, July 17th** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to Unmasking Mental Health2.





- \$\mathbb{H}\$ 1 in 5 adults suffers from some form of mental illness
- **2/3** of people with a *diagnosable* mental illness never seek professional help
- \$ 50% of individuals with a mental illness are also *affected* by substance abuse.

Together we can bring positive change

- **It's time** to erase the stigma and *embrace the care*
- **It's time** to *unmask* mental health in our communities

the conversation $using \ \#unmasking mental health$

To donate or learn more, visit promedica.org/unmaskingmentalhealth



