THE GRAY MATTERS. SO DO YOU
HOW PEOPLE THINK I FEEL
HOW I REALLY FEEL

THIS IS FINE.
YOU ARE WORTHY
MENTAL HEALTH
THE PERCEPTION

Mental Health OR Mental Illness

THE REALITY

Perfect Mental Health
Pathological Mental Illness
THE HARD FACTS

Suicide is the second leading cause of death in ages 10-34 years old in the United States of America.
HOW HAS MENTAL HEALTH IN YOUTH CHANGED?
MORE AWARENESS.
DIFFERENT CHALLENGES.
NOT ENOUGH RESOURCES.
CHANGE THE APPROACH.

Hold On Pain Ends
ADVOCACY ARMY

EDUCATION

RESOURCES

COMMUNITY
THIS MATTERS BECAUSE YOU MATTER.
QUESTIONS?
GET INVOLVED
with everyday people like you and me.

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@thegraymatterscollective
CHANGING THE WORLD, ONE AT A TIME

THEGRAYMATTERSCollective