1 in 4 adults face mental health challenges.

Just one person reaching out can make a difference.

Every day people recover from mental illness such as depression, anxiety, bipolar disorder and others. Learn to recognize the signs and don't be afraid to talk about them. Getting help with your friend or family member is the first step to a healthy future.

READ UP
to recognize the signs.

SPEAK UP
and get the help you need.

It's UP to US

Link up for more information and local resources:

Up2Riverside.org

Or Call (800) 706-7500

PROVIDING HELP / EMPOWERING RECOVERY
RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH

Campaign Materials Provided by the County of San Diego