



# MENTAL HEALTH IS HEALTH



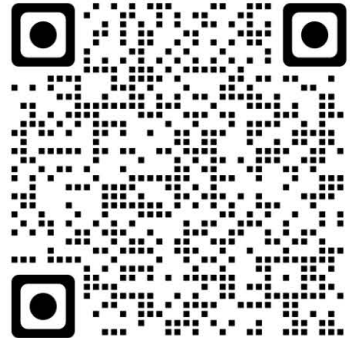
Going to therapy is a sign of

- ✓ Strength (*not* weakness)
- ✓ Self-care (*not* self-indulgence)
- ✓ Self-respect (*not* shame)

You deserve to feel safe and supported.

**Try it Out.**  
**Talk it Out.**

**Cuesta College students get  
8 FREE 50-minute teletherapy sessions**



Scan the QR code to register