

My favorite healthy coping strategy for mental health is...

put your
answer
here!



#MHAM2021

#Tools2Thrive

#MentalHealthMatters

#MentalHealthAwarenessMonth

You can
draw/paint, write,
or tape in a photo to
describe your “go-to” strategy &
send it to **MHEYOU@umassmed.edu**
for an entry in iSPARC's
Mental Health Awareness Raffle