



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

9/26/22

Mental Health Mondays

Happy Mental Health Monday! [Click](#) to learn about depression and what you can do to help someone recovering from depression. To view previous highlights, visit the Director's Office page under [Mental Health Mondays](#).

www.dmh.mo.gov/dd
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MISSOURI DEPARTMENT OF MENTAL HEALTH