



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

3/13/23

## Mental Health Mondays

Happy Mental Health Monday! [Click](#) to learn about Do It Yourself Skills. To view previous highlights, visit the Director's Office page under [Mental Health Mondays](#).

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
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MISSOURI DEPARTMENT OF MENTAL HEALTH