



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

5/22/23

Mental Health Mondays

Happy Mental Health Monday! [Click](#) to learn about Environmental Effects and how stressors of life mimic behavioral health conditions. To view previous highlights, visit the Director's Office page under [Mental Health Mondays](#).

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH