

HOW TO BE WELL

COMMUNITY

A mentally safe space
BECOME A MEMBER NOW



FREE ACCESS

Community chats

Daily empowering messages

Mental health fact sheets



State specific mental health service catalogue



FULL MEMBERSHIP

\$20/MONTH (2 MONTHS FREE)

Self-help book club

Monthly check ins

Voice memos

Weekly wellness encouragements

HTBW special announcements & offers



**SCAN FOR
MORE INFO**

