



**TAKE IT ONE STEP
AT A TIME -
MENTAL HEALTH
IS A JOURNEY**

Prioritize Your Mental Health Journey

Mental health is just as important as physical health. Taking care of your mental health is essential for overall wellbeing. It involves taking the time to recognize and address any emotional or psychological issues that may arise, such as stress, anxiety, or depression.

There are a number of effective treatment strategies to improve your mental health and manage mental health conditions. Tria Health® provides free one-on-one, private consultations with your own dedicated pharmacist over the phone. Your Tria Health pharmacist can assist you in creating a customized treatment strategy by reviewing medication options as well as non-pharmacological methods for managing mental health.



Connect with Others

Do something for others and strengthen relationships.



Take Care of Your Mind

Focus on positive thoughts.



Take Care of Your Body

Eat healthy, sleep well and exercise.



ST. JOSEPH
SCHOOL DISTRICT

**Schedule an
Appointment!**



1.888.799.8742



www.triahealth.com

