



WORLD
BIPOLAR
DAY

NEARLY 1 IN 5 U.S. ADULTS LIVE WITH A
MENTAL ILLNESS.

YOU ARE NOT ALONE.

If you or someone you know has a mental illness, is struggling emotionally, or has concerns about their mental health, use these resources to find help for yourself, a friend, or a family member

CALL OR TEXT 988



FDRHPO
Fort Drum Regional
Health Planning
Organization

