

Mental Health Awareness Month

Do you or someone you love...

- Constantly worry?
- Have difficulty concentrating?
- Feel as if you can't handle things alone?
- Have trouble falling or staying asleep?



Asking for help is a sign of **strength**, not weakness.

Need Support? Contact your EAP.

Call: 800-433-2320 or Text: 503-980-1777

Cascade Centers EAP

call: 800-433-2320

text: 503-980-1777

email: info@cascadecenters.com

visit: www.cascadecenters.com



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