

# MOBILE MENTAL WELLNESS

PROCEED WITH CAUTION

BE YOUR OWN ADVOCATE.  
Know your limits.

KEEPING UP IS HARD TO DO.  
Give yourself a break.

MIND YOUR MANNERS.  
They still apply.

PATIENCE IS A VIRTUE.  
Use it or lose it.

DON'T LET A PAGE TAKE YOUR POWER.  
You're in control.