

We want to hear from young adults who:

- ▶ Are 18-30 years old
- ► Have a disability
- ► Have a mental health diagnosis or receive treatment for mental health symptoms (for example: medication).

You can tell us about your experience by:

- ► Taking our survey: tinyurl.com/yc25mk5y
- ► Sharing your story at a Virtual Town Hall: tinyurl.com/y8yat7zq

YOU CAN DO ONE OR BOTH!

Your survey answers and stories will help us understand what can make mental health treatment for young adults with disabilities better.

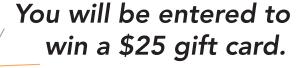
Questions? Contact: yellbulab@gmail.com

For more information visit our Facebook page www.facebook.com/iddmh

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We will give out 20 gift cards.

