



RISE ABOVE



I Want to Hear From You...

Dear John,

| have concluded that we must smash the stigma which prevents us from speaking about mental health issues if we are to improve mental health conditions and **RISE ABOVE**.

| have been sending eblasts to you fine folks for some time. | have chosen the topics as to what | thought you may want to read.

Now it is time for me to hear from you! I share articles of interest on mental health, but I am often asked to write an article on a certain topic. This is where you come in....so.... what topic's do you want to see from me?
(ex. Mental Health in the Workplace, How to Stay Mentally Healthy, What resources out there are readily available for me to stay Mentally Health)

The first 10 people who reply back to me will receive a \$10.00 gift certificate from your choice of 3 coffee places. I want you to have a cup of coffee on me. So, please respond quickly with your suggestion on a topic!

"Rise Above" to each and everyone of you.

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