

## Distribution Guide – Speak Up™ For Your Mental Health



This distribution guide is intended to help care providers in different care settings educate their patients on how to advocate for themselves and their mental health.

Mental health is just as important as someone's physical health. Depression and other mental health issues are common, and like physical illnesses they need to be treated. Mental health issues also can affect a person's thinking, feelings, mood, how they relate to others, and even how they function throughout the day. However, depression is a serious condition — and it is helpful to know the signs and symptoms.

### **Behavioral Health Care and Human Services Organizations:**

- Post the infographic in waiting rooms and other entryways.
- Add the infographic to admission packets.
- Include the infographic or video in any newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization's board of directors and other leadership groups.
- Play the video in communal living areas.
- Provide the infographic at any welcome desk for visitors.
- Provide a link to the entire Speak Up campaign on your organization's website.

## **Hospitals:**

- Post the infographic in waiting rooms, by or inside elevators, and in the cafeteria or break areas.
- Include the infographic in admission packets.
- Feature the infographic in your hospital's newsletter or on your organization's website.
- Share the infographic and video at safety meetings and with your hospital's board of directors and other leadership groups.
- Play the video in waiting rooms or treatment rooms.
- Run the video on patient televisions in their rooms.
- Provide the infographic to your customer advocacy department as a resource.
- Provide a link to the entire Speak Up campaign on your organization's website.

## **Ambulatory Care Facilities:**

- Post the infographic in waiting rooms and in patient recovery rooms.
- Provide tabletop versions of the infographic as reading material in waiting rooms.
- Add the infographic to admission packets.
- Include the infographic or video in any patient newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization's board of directors and other leadership groups.
- Play the video in waiting rooms or run the video on patient televisions in their rooms.
- Provide the infographic at any welcome desk for patient visitors.
- Provide a link to the entire Speak Up campaign on your organization's website.

## **Nursing Care Centers and Assisted Living Communities:**

- Post the infographic in waiting rooms and other entryways.
- Add the infographic to admission packets.
- Include the infographic or video in any newsletters or other external promotional materials.
- Share the infographic and video at safety meetings and with your organization's board of directors and other leadership groups.
- Play the video in communal living areas.
- Provide the infographic at any welcome desk for visitors.

**[Download](#) all the Speak Up™ For Your Mental Health resources.**