

# We want to hear from YOU



## about mental health

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).

Young adults can tell us their experiences by:

- ▶ Taking our survey: [tinyurl.com/yc25mk5y](https://tinyurl.com/yc25mk5y)
  - ▶ Share your story on the phone with other young adults with disabilities and mental health conditions: [tinyurl.com/y8yat7zq](https://tinyurl.com/y8yat7zq)
    - ▶ Family members are also welcome to share stories about their young adult's experiences with mental health treatment.

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

Questions? Contact: [yellbulab@gmail.com](mailto:yellbulab@gmail.com)

For more information visit our Facebook page [www.facebook.com/iddmh](https://www.facebook.com/iddmh)

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