



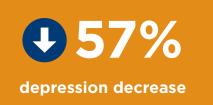


Pathways to Wellness

IT'S OKAY TO NOT BE OKAY.

Are you or someone you know feeling depressed or anxious? We are here to help. Mental health is an important part of overall health, and we are strongest when we join together.

DISCHARGED PATIENTS EXPERIENCE





WHAT PATIENTS SAY ABOUT PATHWAYS TO WELLNESS

www.HDH.org

Find us on **f**

www.facebook.com/highlanddistricthospital

"Pathways to Wellness group therapy has been such a great experience. It is hard for most of us to seek help when we become overwhelmed. The staff make you feel so comfortable, and allow us to share how we are feeling."



For additional information, visit www.hdh.org or call 937.840.6581