

# 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)

Your survey answers 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)

**You will be entered to  
win a \$25 gift card.**

We will give out 20 gift cards.

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