



FOX CITIES Mind Your Wellness Survey



As the health impacts of the pandemic continue, it's important we take steps to evaluate the mental health of our Fox Cities community, identify where change is needed and develop solutions for support and prevention.

This important work begins with you!

GIVE US 3!

- ✓ **COMPLETE THE SURVEY** >>>>>>
- ✓ **IMPACT YOUR COMMUNITY**
- ✓ **SHAPE THE FUTURE**

3 minutes is all it takes!



The N.E.W. Mental Health Connection and its community and state partners are conducting this survey to better understand the mental health of adults in the Fox Valley. This survey will provide Project Zero with information to tailor intervention and prevention strategies to the needs of the community. The overall goals of Project Zero are to 1) support the health of adults in the Fox Valley; 2) encourage those who are most at risk to seek help; and 3) prevent suicide in the Fox Valley.

Please share with others!

