

AUGUST

2023 MENTAL HEALTH

A W A R E N E S S



A Better Way
PSYCHIATRY & TMS



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5 NAMI Mental Health Event
6	7	8	9	10	11	12
National Health Center Week (August 6-12)					Daily Affirmation: I choose myself.	
13 Mental Health Tip: Visit a local beach	14	15	16	17	18	19
20	21	22	23	24	25	26 NAMI NAMI Walks 2023
Daily Affirmation: I am now in control.						
27 Self-Care: Listen to new music.	28	29	30 Grief Awareness Day	31	30 Second Mental Health Checkup	

**Tips & Tools on
How to Support Your Loved One
w/a Mental Health Condition**
Saturday, August 5th · 9 - 10am PDT

NAMI Walks 2023
Saturday, August 26th
@ Angels Stadium

Scan QR code



for more information

**Depressed? Anxious?
We Can Help!**

Schedule a Free Consultation

www.abetterwaytms.com
714-716-2900