

Resources for
a healthier **YOU**

Join us for a community-focused
Mental Health Expo
Open to the public

Wednesday, May 27 | 4 p.m. to 6 p.m.

Terrebonne Parish East Branch Library
778 Grand Caillou Road, Houma

- ✓ **Explore Community Resources** - Connect with local organizations offering mental health, behavioral health, and substance use services.
- ✓ **Discover Wellness Tools** - Learn practical strategies, programs, and support networks that promote mental well-being.
- ✓ **Sample Herbal Teas** - Enjoy a calming cup of herbal tea.

For more information, call the Terrebonne Parish Health Unit at 985-857-3606.

