



Now through
April 25

Please share your
quote submission by
April 25th to be
considered.

Questions?

Reach out to our team at
hs-hedi@ucdavis.edu.



What do you do to protect your mental health?

The Office for Health Equity, Diversity and Inclusion is collecting quotes for the Advancing Health Equity, Diversity and Inclusion blog highlighting Mental Health Awareness Month in May.

Examples can include a description or photo of what you do to protect your mental health. If selected the content provided will be used in the Advancing Health Equity, Diversity and Inclusion blog to share with our community ideas and ways to support their own mental health and inform on any barriers to add awareness for providers.

Scan or click on the QR code to submit your
quote!

NOTE

Please be advised when submitting blog content, we may request edits to ensure compliance with our [Principles of Community](#) and [Social Media Guidelines](#). UC Davis Health is committed to the free and open exchange of ideas. We respect your First Amendment rights and embrace the core values of free speech. Social media administrators reserve the right to block or remove the content of any post that violates UC Davis policies.

Learn more [about our office](#).