



# Free Mental Health Screening



Sunday, December 10th  
11 AM - 2 PM



## Contact Information:

Rakesh Gupta  
609-509-1945



Indian Cultural Center  
820 NJ-73, Evesham, NJ  
08053



## Join Us if You:

- Experience stress, tension, sleep difficulty, excessive worrying, or feelings of depression.
- Are looking for help if you or someone you know has problems with substance use or smoking.
- Have questions about how to help a loved one with their mental health issues, including drug or alcohol use.
- If you have any questions, need advice, or want to learn about mental illness, addiction, and available treatments.

*\* Conversations and Screenings are confidential*

[www.samhin.org](http://www.samhin.org)