



The Journey Begins with a Single Step

Stronger mental health and physical well-being is attainable; it starts by making a call to Macomb County Community Mental Health (MCCMH).

We are here to help you map out the path, and provide services, supports and guidance along the way.

Call Today to Start Your Journey to Better Mental Health!

May is Mental Health Awareness Month

Putting People First

**www.mccmh.net
855-99-MCCMH (855-996-2264)**

**MACOMB
COUNTY
COMMUNITY
MENTAL HEALTH**