



*We're here
for you*

FROM YOUR MHS FAMILY



MHS

Beyond Assessments

Greetings!



We are facing unprecedented times in the work that we do to support our students, clients, patients, and mental health professionals.

At MHS, our hope is to encourage you, inspire you, and thank you for all of the work that you're doing.

Check Out the MHS Digital Resource Kit for Free Resources : <http://info.mhs.com/digital-resource-toolkit>

Have you heard about how people are drawing and coloring pictures of rainbows?

People are drawing, coloring, painting, and designing rainbow artwork and hanging it in their windows to calm fears, spread cheer, and create a sense of community.

While we practice social distancing and take preventative steps to "flatten the curve," we recognize the importance of maintaining connections with one another. Coloring has been shown to foster creativity and alleviate stress. We hope that this can be one resource that you can use in your practice.

Please use this as a personal/professional resource that you can share with your friends, colleagues, and children. MHS would love to showcase the art that you create, use the hashtags **#connectedcoloring** and **#mhscares** so that we can feature your creations on twitter, LinkedIn, and Facebook.

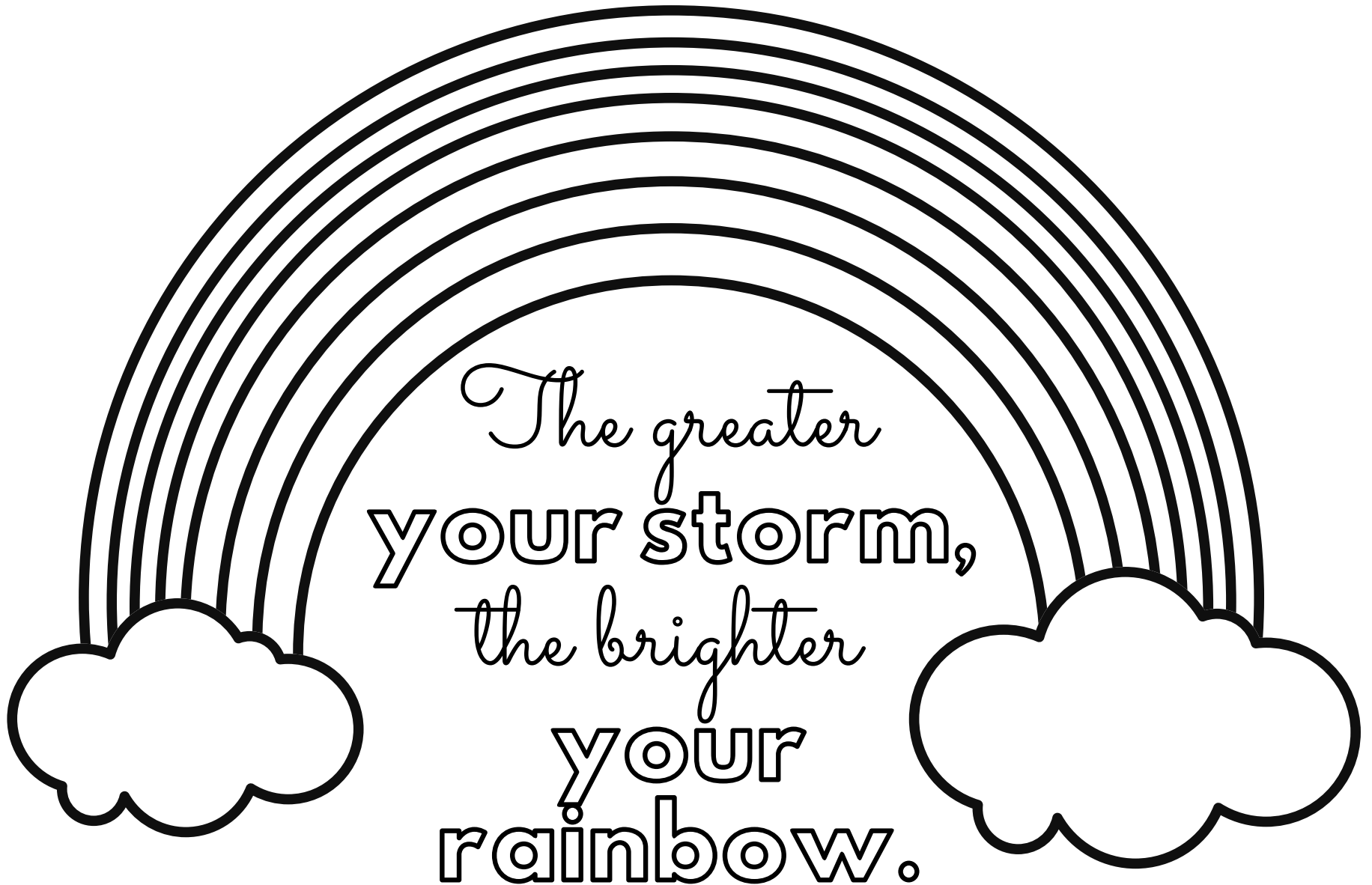


TRY TO BE
A RAINBOW

IN SOMEONE'S
CLOUD.
Maya Angelou

#mhscares

#connectedcoloring

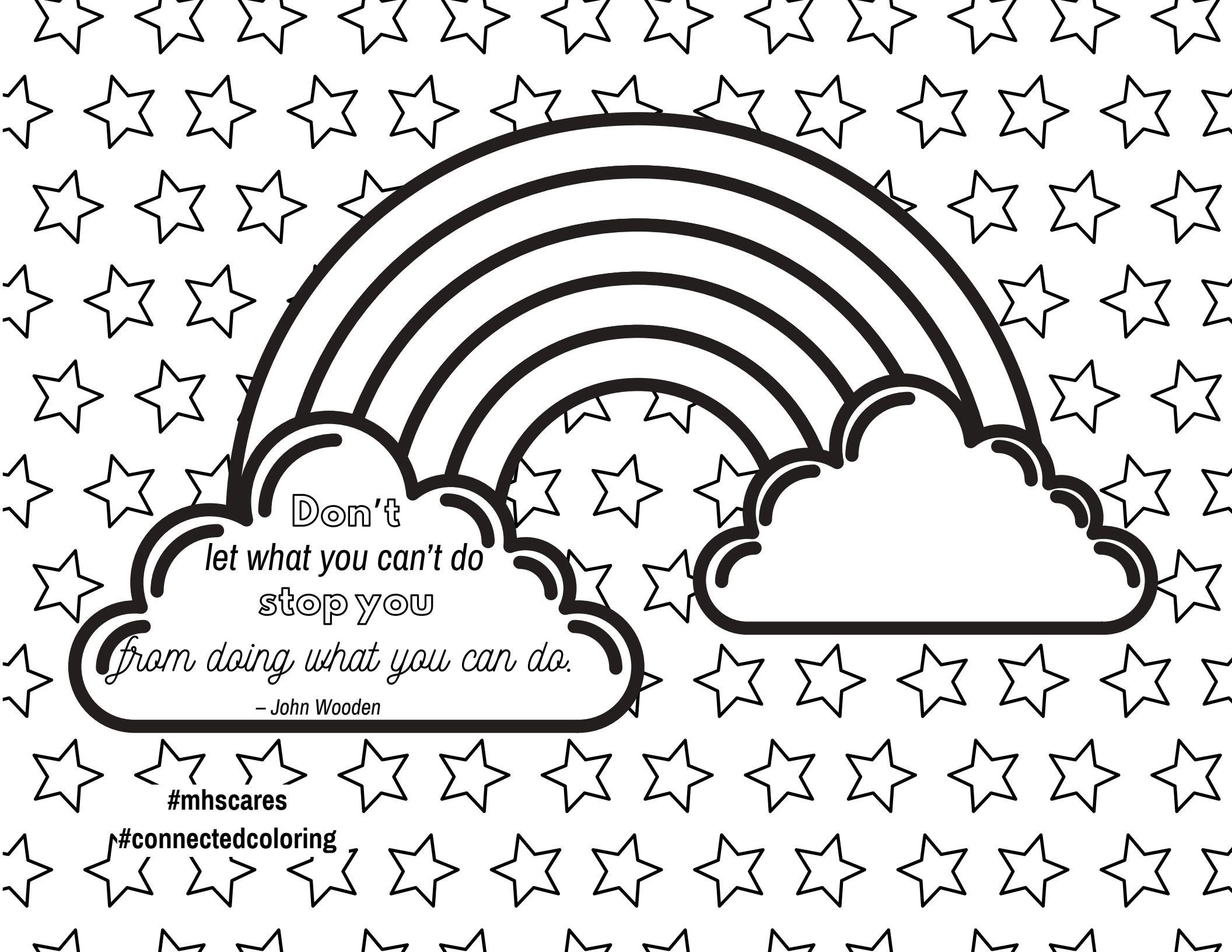


The greater
your storm,
the brighter
your
rainbow.

- ANONYMOUS

#mhscares

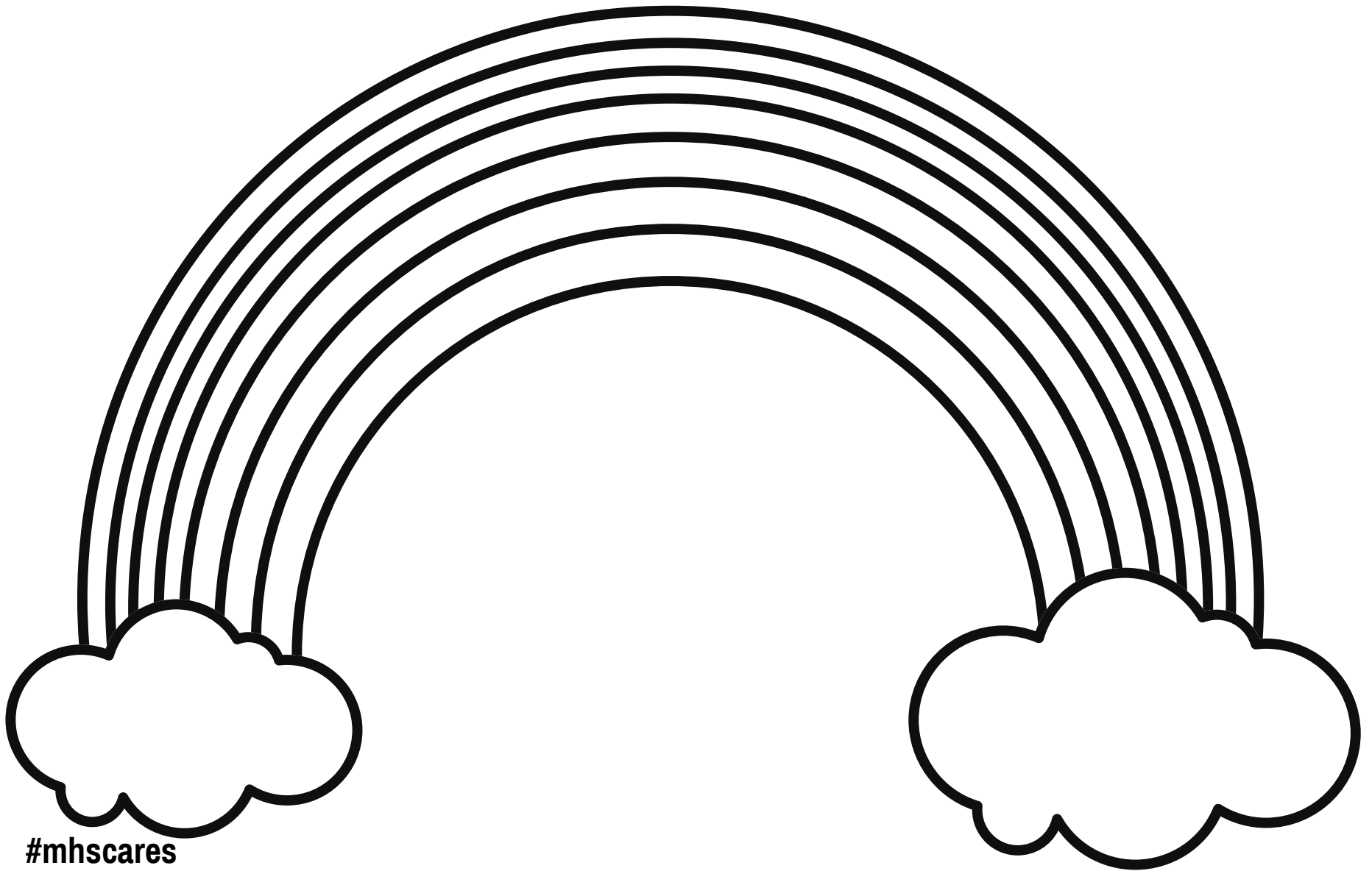
#connectedcoloring



Don't
let what you can't do
stop you
from doing what you can do.
- John Wooden

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WHAT
DEFINES
US IS
HOW WELL
WE RISE
AFTER
WE FALL.

Tig & Tigaru