

Let's reach out  
to each other.

Just a **smile**, a **hello**  
or a **kind word** can  
mean so much to  
another person.

Don't underestimate  
the impact of an act  
of **kindness**.



## Optum Idaho encourages you to talk about mental health



### Hello Idaho!

Hello Idaho! is a grassroots movement to **reduce isolation, encourage inclusion, and create a safe, accepting environment to support mental health awareness**. Our focus is on multiple mental health areas:

- Child abuse prevention
- Mental health awareness
- Back to school
- Substance use prevention and recovery
- Domestic violence awareness
- Suicide prevention awareness
- Holiday wellness

Optum Idaho offers Idaho communities printed and digital Hello Idaho! materials to display and use for your businesses, schools and organizations or with your friends. To download our digital toolkit, please visit [optum.com/helloidaho](https://optum.com/helloidaho). To request printed materials be sent to you, please complete the Materials Request Form also at [optum.com/helloidaho](https://optum.com/helloidaho). Printed materials include posters, stickers, bookmarks, table tents, and national awareness flyers.

We encourage you to participate in the Hello Idaho! movement by displaying and sharing these print materials, and reaching out to those around you. We would love to hear about it! Share your stories with us on social media by using hashtags **#helloidaho** and **#mymentalhealthidaho**.

### Have questions?

Visit [optum.com/helloidaho](https://optum.com/helloidaho) or email us at [idaho.communications@optum.com](mailto:idaho.communications@optum.com).



[optum.com/helloidaho](https://optum.com/helloidaho)  
#helloidaho #mymentalhealthidaho



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