

# FROM THE FRONT DOOR



**WELCOME**

## TO THE HOUSE OF EXODUS MENTAL HEALTH OFFENSIVE

Good Mental Health is when your head is together, and your KNOWLEDGE and WISDOM leads you to know exactly what to do NEXT...SPIRITUALLY...MENTALLY...PHYSICALLY.

Good Mental Health is when you keep a positive attitude to continually learn SKILLS, and to know HOW to do what you have to do NEXT.

Good Mental Health is when you do what you have to do well, giving it your best effort.

Good Mental Health is when you have a specific constructive productive purpose for your life. Cleansing yourself of Disruptive and Destructive attitudes.

FACT: Good Mental Health had everything to do with Good Physical Health.

FACT: Good Mental Health has everything to do with Good Personal, Family and Community Economics.

People who have Good Mental Health DO NOT spend large sums of money on medicine, doctor bills, drugs, booze, street dope, and just plain stupidity.

Exodus is launching an all out Mental Health Offensive aimed primarily at our youth; your help is needed and will be appreciated by the children who are enrolled in the Exodus Youth Program.

You can't spend your time or money for a better purpose when you join the Exodus Mental Health Offensive building our community into a Better and Safer place to live and raise our children... (503) 294-7997.