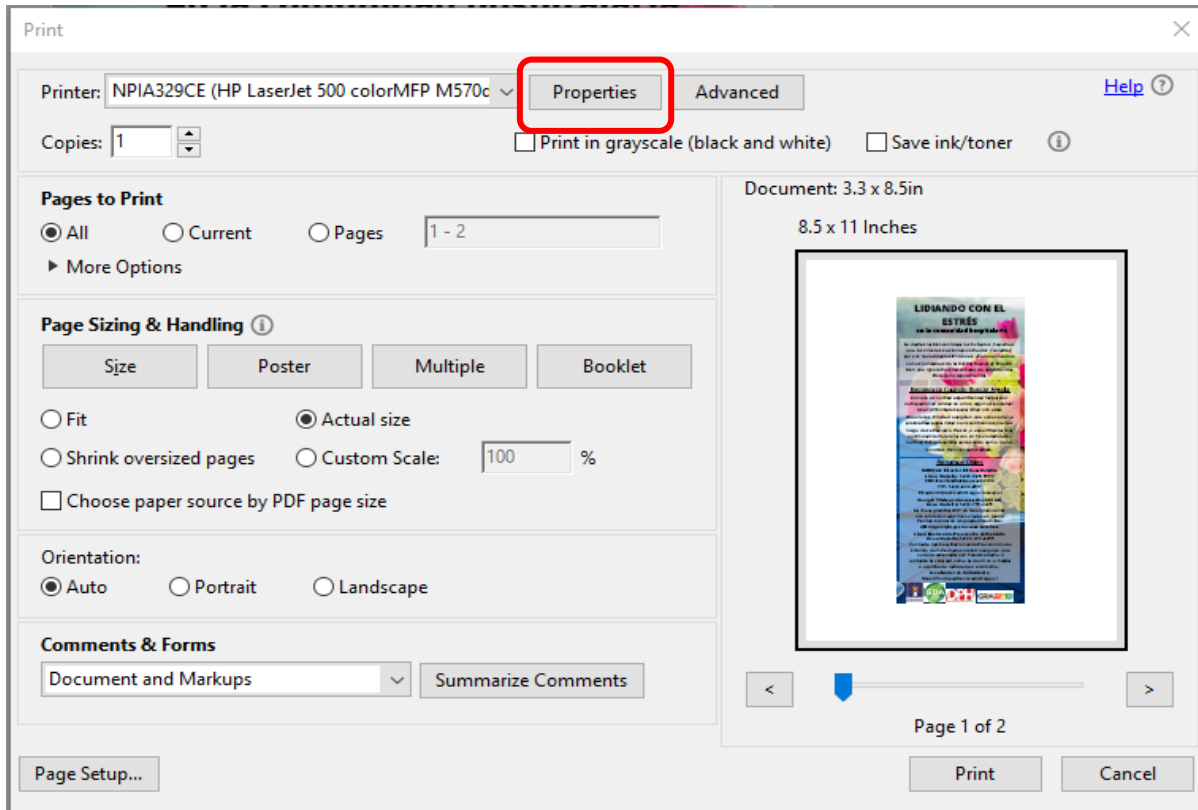
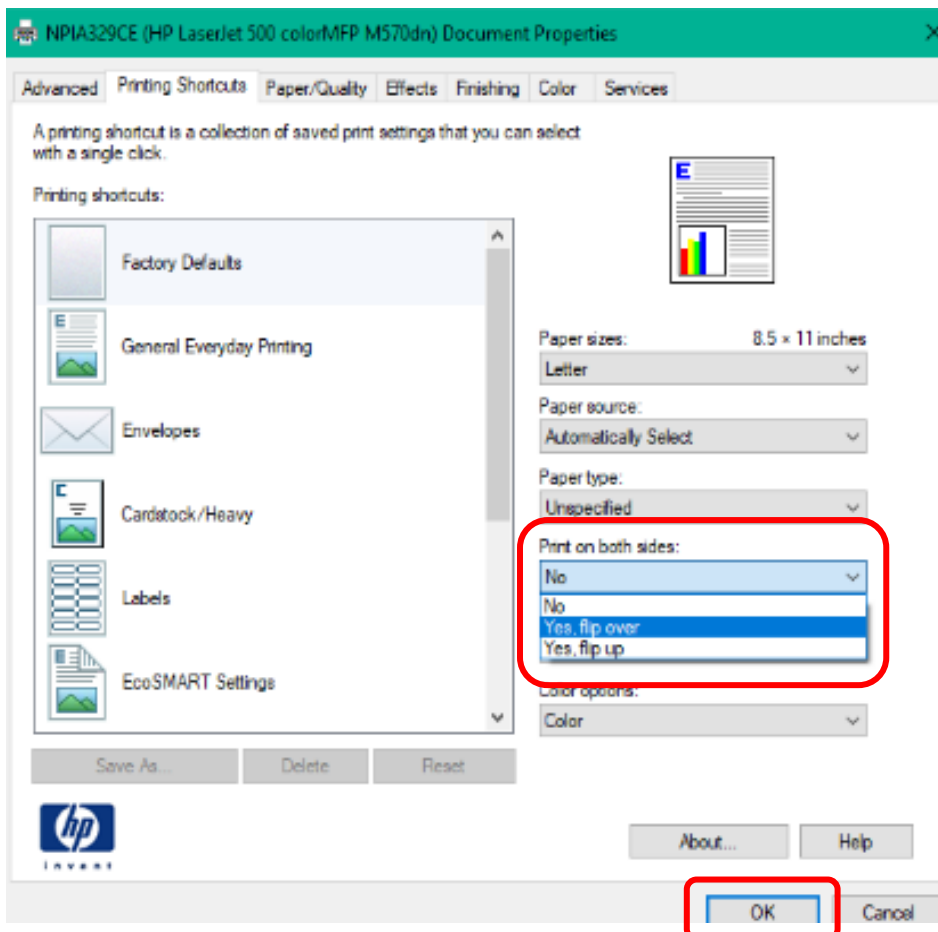


Instructions for printing mental health materials:

- The materials are saved as PDF files for easier printing
- Before printing, make sure you:



Open the printer settings and click on "Properties"



Choose Print on both sides of the page, flip over (Short Edge)

Click OK

- Once you're back on the main menu make sure you select:
 - the number of copies you would like to print
 - **"All pages"** on the Pages to Print tab
 - **"Actual Size"** on the Page Sizing and Handling Tab
- Once you do this, you're ready to hit **"PRINT"**

