



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

You can help prevent isolation.

# Say Hello!

If you see  
someone  
alone

Reach  
Out

Say  
Hello!



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#helloworldaho | #mymentalhealthidaho



You are invited to participate in Hello Idaho! A campaign to reduce isolation, encourage inclusion and create a safe, accepting environment to support mental health awareness. Reach out today.

## Reach out today

- Begin by saying Hello! to someone new
- Invite someone to share a table at lunch or the coffee shop
- Allow someone to go before you in line
- Practice other random acts of kindness