TURNING 45?

CHECK BOTH ENDS.

UP HERE

HOW ARE THINGS UP HERE?

Preventive care for your mind. You don’t need symptoms or a crisis. Ask for a referral to talk to someone, even if there’s nothing to talk about.





DOWN THERE

HOW ARE THINGS DOWN THERE?

Colorectal cancer screening is recommended starting at 45 for adults at average risk. Ask which test fits you: an at-home stool test or a colonoscopy.

JUST ASK YOUR DOCTOR

“While we’re checking one end, can we check the other?”

988 Suicide & Crisis Lifeline
Call or text 988 · Free, 24/7

SAMHSA National Helpline
1-800-662-4357 · Free referrals, 24/7

Colorectal Cancer Alliance
(877) 422-2030 · Screening help

Check Both Ends is made and run by MOD. General education, not medical advice. Organizations listed are independent resources.