

You are not alone. We are here to help.



2025 Self-Care Awareness Walk

Join the Navajo Department of Health and the Division of Behavioral & Mental Health Services to promote mental health and self-care on the Navajo Nation.

July 22, 2025 @ 8:00 AM
**Navajo Nation Museum parking lot to
the Navajo Nation Council Chambers**

Dress appropriately for the weather & wear blue to show your support.



POC: Natasha Bitsui, DBMHS Prevention Specialist
nrbitsui@navajo-nsn.gov | (928) 674-2015
NDOH & DBMHS are not responsible for injuries or stolen items.

