

THE SPACE WE MAKE FOR MENTAL HEALTH

IS ABOUT **BEING.**

Being present.

Being open.

Being there.

**BE A SAFE SPACE,
CREATE THE FREEDOM
FOR OTHERS TO OPEN UP.**

I HAVE TIME...

LET'S TALK...

TELL ME MORE....



**Opening
Minds**

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you are in distress or supporting someone in distress, you can call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.