

# SAY IT FORWARD

HOW ARE YOU?

HOW CAN I HELP?

I CARE ABOUT YOU.

JUST CHECKING IN.

DO YOU WANT TO TALK?

I'M HERE FOR YOU

Our words can be powerful tools to support mental health. How will you use yours?



**Opening  
Minds**

MENTAL HEALTH  
COMMISSION  
OF CANADA

## If You Are in Distress

If you are in 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.