

Small gestures.

BIG CHANGE.

Mental health stigma fades when we take the time to listen.



**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.