

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**

ADVANCING
MENTAL
WELLNESS

solutions@openingminds.org

If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.