

Small gestures.

BIG CHANGE.

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



**Opening
Minds**

ADVANCING
MENTAL
WELLNESS

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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.