

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**

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.