

**WE MAKE SPACE:
FOR EACH OTHER
& FOR OURSELVES.**

**IN CLASSROOMS, WORKPLACES,
HOMES, AND QUIET CORNERS.**

FOR BEING REAL.

FOR LISTENING.

FOR SHOWING UP.

**BECAUSE MENTAL HEALTH IS SUPPORTED
BY THE SPACE WE MAKE-TOGETHER.**

AND IT MATTERS.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



**Opening
Minds**

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.