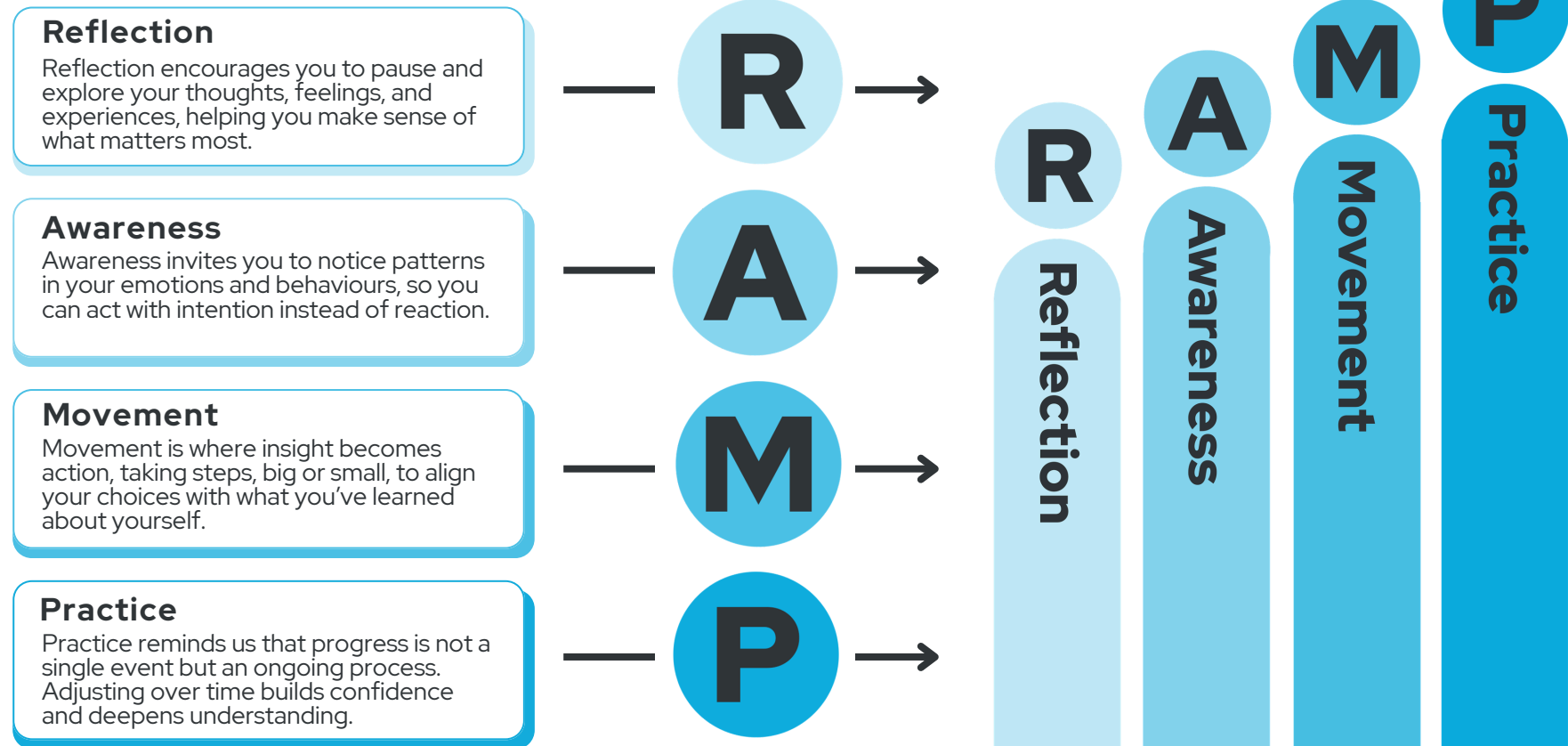


The RAMP Framework

RAMP is a practical framework designed to help you understand, strengthen, and sustain your mental health. It guides you through four interconnected stages: **Reflection, Awareness, Movement, and Practice**. RAMP isn't linear, it's a continuous cycle that evolves with you. Each stage supports the next, helping you respond to challenges, reduce stigma, and strengthen your mental health.



To learn more, scan here.



The Working Mind

AN
OPENING MINDS
PROGRAM

If You Are in Distress

If you are 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.