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.

Reflection

Reflection encourages you to pause and explore your thoughts, feelings, and experiences, helping you make sense of what matters most.

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Awareness

Awareness invites you to notice patterns in your emotions and behaviours, so you can act with intention instead of reaction.



Wareness

Movement

Movement is where insight becomes action, taking steps, big or small, to align your choices with what you've learned about vourself.





Practice

Practice reminds us that progress is not a single event but an ongoing process. Adjusting over time builds confidence and deepens understanding.





To learn more, scan here.



OPENING MINDS PROGRAM

If You Are 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.