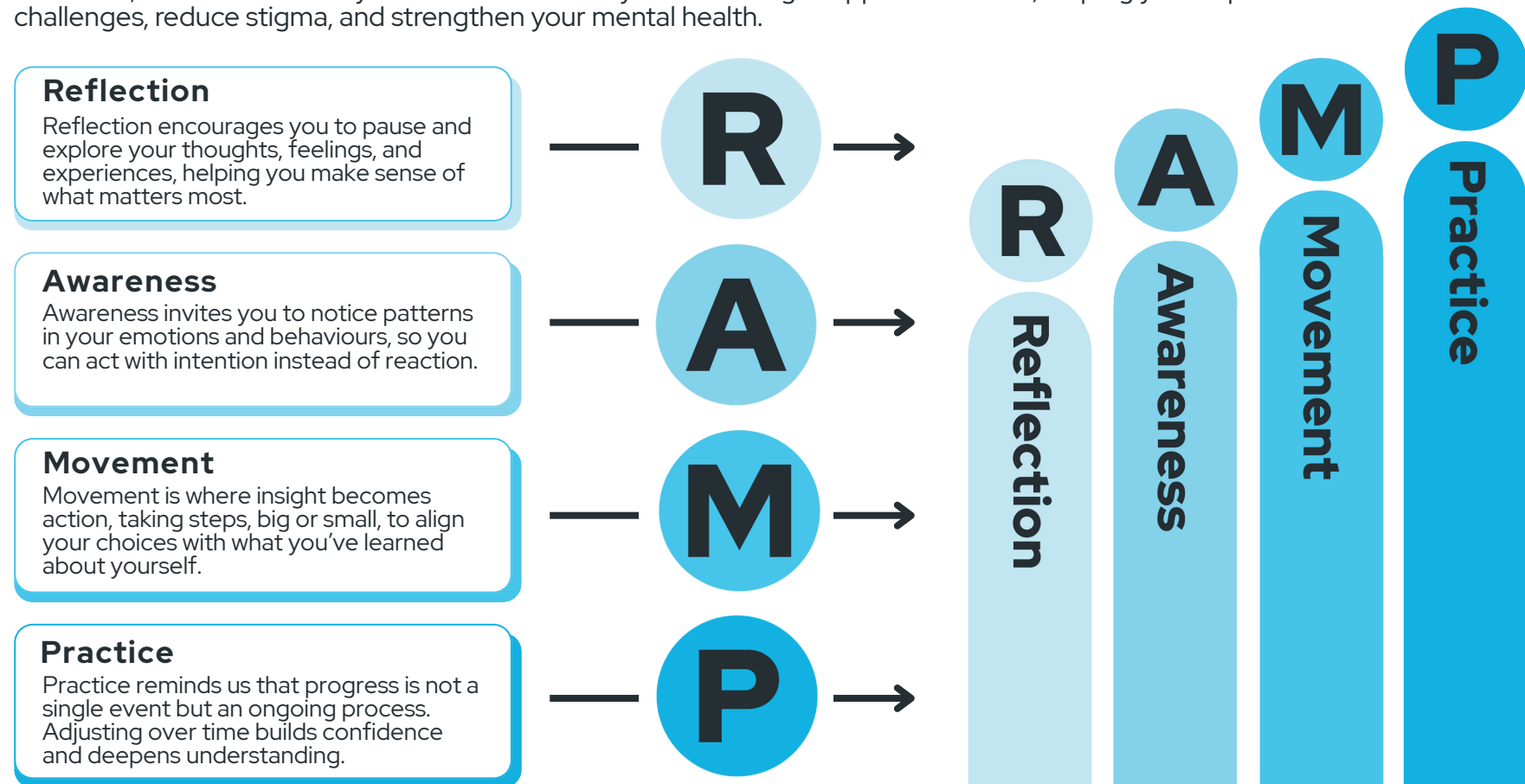


The RAMP Framework

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

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.