

The  
Space  
We  
Make:

# For the Confidence to Start a Mental Health Conversation

Reflect, journal, or start a conversation you're ready for, now or later.

What helps you feel safe enough to speak honestly when something is difficult?

How can the way we listen change what someone is willing to share?

What does a supportive response look like, especially when we're not sure what to say?

What might make conversations about mental health feel easier in everyday settings?

How do small moments of understanding make a difference over time?

What does it feel like when someone responds with care and without judgment?

Our words are powerful. **How will you use yours?**



Opening  
Minds

MENTAL HEALTH  
COMMISSION  
OF CANADA

## If You Are in Distress

If you are in distress or supporting someone in distress, call or text 9-8-8 at anytime. If it is an emergency, call 9-1-1 or go to your local emergency department.