I'm Here. How Can I Help?

5 Ways to Be Supportive

## It's Not Taboo

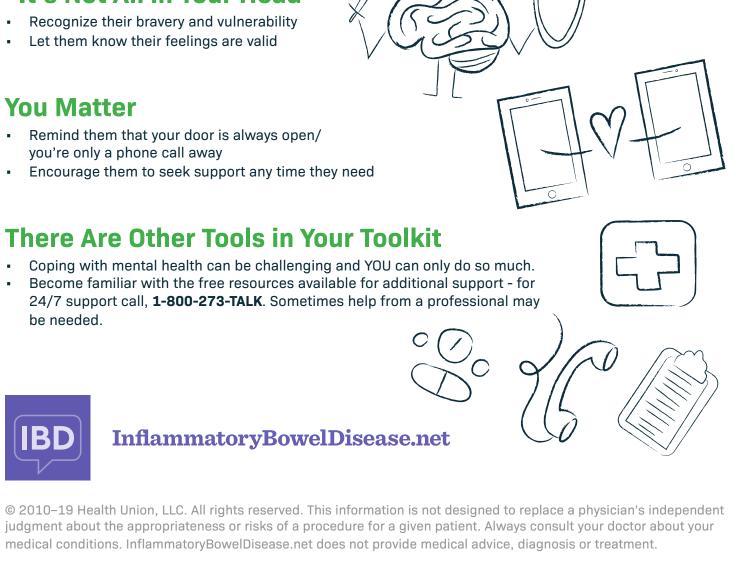
- Don't be afraid to start conversations about mental health
- Creating a safe space makes talking about mental health less daunting

## **Leave Your Judgment at the Door**

- Stigma around mental health is real. Be open and patient.
- Show empathy: "I hear you" "You're not alone"

## "It's Not All in Your Head"





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