I'm Here. How Can I Help?

5 Ways to Be Supportive

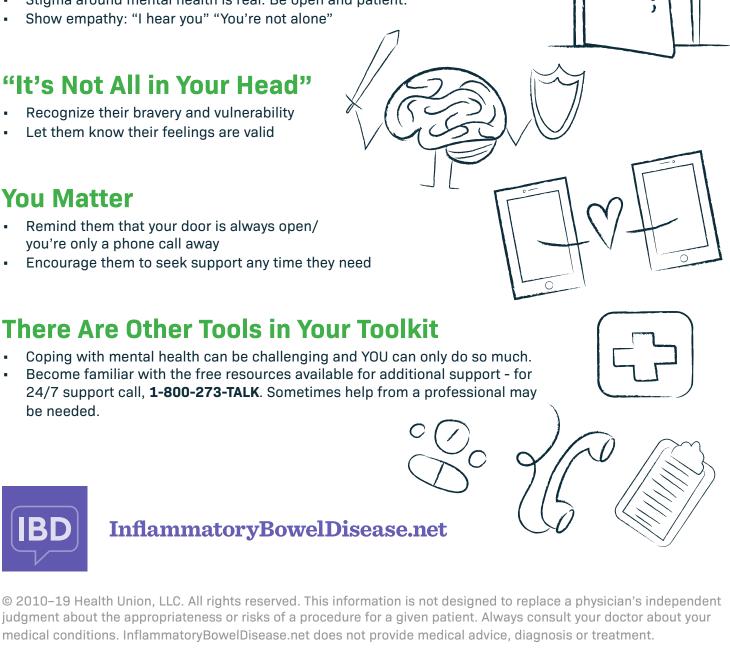
It's Not Taboo

- 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.





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