

What does good mental health mean to you? What do you do to take care of your own mental health?

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What is stigma and what can you do to help reduce it?

ls mental health as important as physical health? Why?



When it comes to mental health, now more than ever, every action counts.

Join in to help create positive change.

bell.ca/letstalk

What actions to make a difference? community: community: what mental know bealth supports frow Do you How would you go about finding mental health support for yourself or someone you cared about?

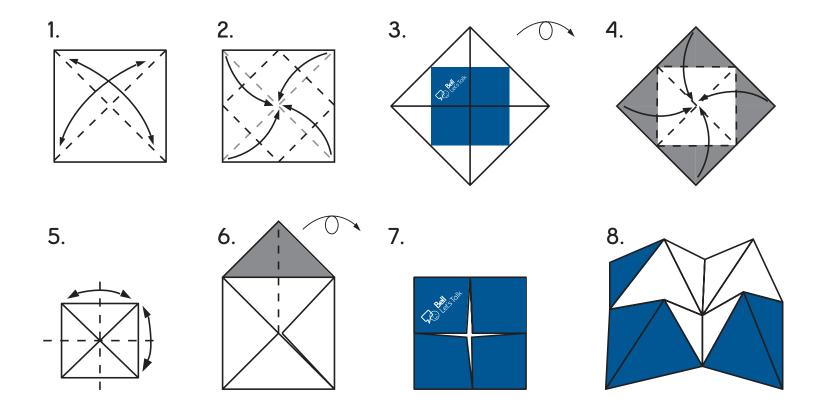
What would you say to someone who appears to be struggling with a mental health issue?

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Counts

Folding instructions



## How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a blue number and open alternately that amount of times
- Pick your final number, open flap and start your conversation