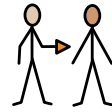
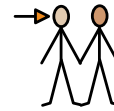
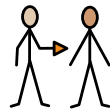
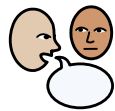


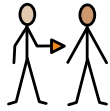
Time to Talk About Mental Health



It's important to talk about how you feel.



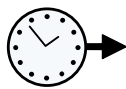
When you tell others how you feel, they can



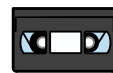
help you.



When you don't talk about mental health because you're



worried what will happen- this is called stigma.



Click or scan to watch a video

Time to talk