

THE ELEMENTS OF Mental Wellness



Supporting Each Other in Mental Wellness

We've come a long way in breaking the silence around mental health. However, stigma is still a significant barrier to many seeking help. Let's eliminate stigma by continuing to have conversations.

**It really helps to talk about mental health.
The conversation alone can be healing.**



Here are some tips to keep in mind:

- Avoid phrases like “You will get over it”, and “I am sure it will pass”.
- Take the lead from the person and ask them how you can best help or offer suggestions like going for a walk.
- You don't need to be an expert to start talking about mental health.... Just listening and being there for someone can mean a lot!
- Show support, even just by sending a text or asking someone how they are doing.
- Remember to just be yourself and don't just focus on talking about mental health.
- Be open minded and non judgemental.

One of the ways to promote conversations and show your support about mental health is by wearing a green ribbon or any green clothing the first week of May during Mental Health Awareness Week .