



## Knowing we're not alone

Experiencing mental illness can feel isolating. Talking openly about mental health can help people feel less alone and find supportive community.

1

## Reducing stigma

Stigma thrives in silence. Talking about mental health challenges the idea that it is taboo or shameful.

2

## Normalizing help-seeking

Seeking support can feel scary. Talking about mental health can normalize and empower help-seeking.

3

## Sharing resources

Starting the conversation on mental health can lead to the sharing of valuable resources and supports.

4

## Debunking myths

Damaging myths may be everywhere, but by talking about mental health openly, we can challenge and debunk them.

5

# five

benefits of  
talking about  
mental health