



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

five benefits of talking about mental health

2

Reducing stigma

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

3

Normalizing help-seeking

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

4

Sharing resources

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

5

Debunking myths

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

one
in
five