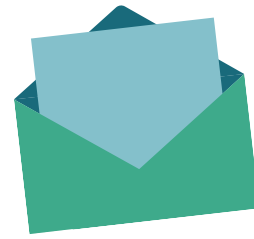
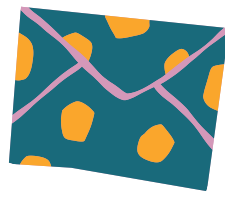
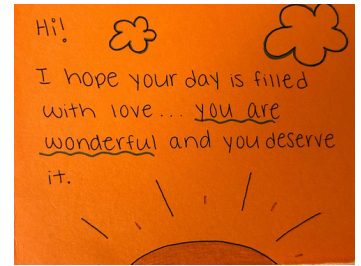
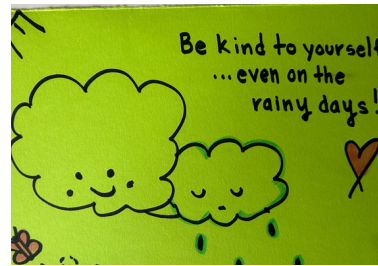
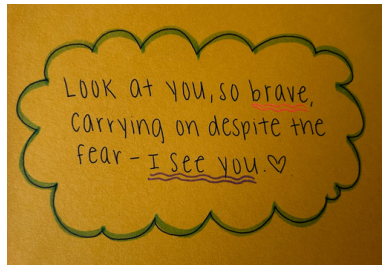
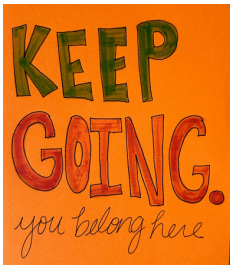


# Mental Health Action Day



# MESSAGES OF HOPE

- If a friend opened up to you about their mental health, what would you tell them?
- When you are struggling, what do you need to hear?
- Write a message that would make you feel encouraged!



## WHAT & WHY

- When someone is hospitalized for their physical health, people send cards and flowers. Join us in sending cards to someone hospitalized for their mental health.
- Share messages of hope and offer encouragement for youth and young adults and others in need of support.
- Your messages will be made into cards for young people receiving treatment and to show support for those in our communities who are hurting.

## WHO

We invite **ANYONE** (youth, young adults, family, and community members) to submit messages we can share with others in need of support.

## WHEN, WHERE, & HOW

Click [HERE](#) to share your message(s) by May 31st