

## WAYS TO COMBAT

# Mental Health Stigma in our Community

### NORMALIZE

Sharing our struggles and problems with each other. Listen and observe with CARE.



### SEE SOMETHING, SAY SOMETHING

Don't be afraid to check on others. Reach out. Follow-up



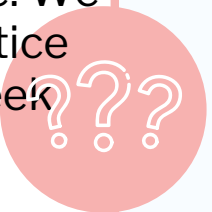
### AVOID JUDGMENT AND GOSSIP

Create a culture of empathy and compassion around mental health issues.



### PRAY AND GO TO THERAPY

Our faith and mental well-being are not mutually exclusive. We can do both. We can practice spirituality/religion and seek help from a professional.



### BE KIND AND EXTEND GRACE

IT STARTS WITH YOU FIRST. Treat yourself with kindness and extend it to others. Learn to practice self-care.



### THE BODY AND MIND ARE ONE

PRACTICE MINDFULNESS, MEDITATION, AND GRATITUDE

