

## LET'S TALK ABOUT IT!

Neighbor-To-Neighbor Start the Mental Well-Being Conversation

> **CONVERSE @HOME** @CHURCH @SCHOOL @ WORK

**CONVERSE 2 REVERSE** 

Neighborhood-Level Mental Health Awareness Initiative

R" \* \* \* Talk - Talk - Talk \*

Talk about it today! . . . You can start by saying...

"I notice a difference these days...how can I help?"

" I care. I want to help you get better. "

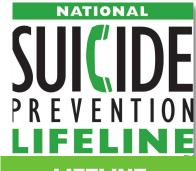
"YOU ARE ONE PERSON IN THE WORLD BUT TO ONE PERSON YOU ARE THE WORLD." "I love you."

Faith Community Resources: BeeThe1ToHelpSomeone.com

**CRISIS TEXT LINE** 

Text **HELLO** to **741741** 

24/7 - Free & Confidential



LIFELINE 1-800-273-TALK Talk > @Home @School @Church @Work

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

https://www.nami.org #StigmaFree #OK2TALK #TalkAboutIt #SeekHelp

NATIONAL INSTITUTE OF MENTAL HEALTH https://www.nimh.nih.gov Fact Sheet: Signs & Symptoms

SUICIDE PREVENTION RESOURCE CENTER

https://www.sprc.org

THE NATIONAL SUICIDE PREVENTION 24/7 LIFELINE

https://suicidepreventionlifeline.org Learn the 5 Steps to help a love one or someone else.



African Americans are 20% more likely to experience serious mental health problems than the general population.



