

our minds
matter

MOVE WITH MUSIC *for*



Mental Health Action Day



call 988

Suicide & Crisis Lifeline



text MIND to 741741

Crisis Text Line

A

acknowledge

Create a supportive space by letting them know you're here for them.

S

support

Validate their feelings and ask what they need.

K

keep-in-touch

Check back in regularly and consistently.



mental health is health



bit.ly/ommwillask



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what's your next move?

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matter

one hour for you, your loved ones, or your community



FOR YOURSELF



FOR LOVED
ONES



FOR THE
COMMUNITY



ourmindsmatter.org
mentalhealthaction.network

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