



# START THE CONVERSATION

about mental health.

OUR MISSION is to reduce the stigma surrounding mental illness and to encourage conversations about mental health in our families and communities. We've designed a "choose your own adventure" experience filled with meaningful activities designed to produce powerful insights, reflections, connections, and impact!

Phase	Start the Conversation	Mental Wellness	Mental Health Conditions	Support
	Week 1	Week 2	Week 3	Week 4
<b>Summary</b>	It's time to start the conversation about mental health. While it impacts all of us in some way, talking about mental health can be uncomfortable. But we know that silence creates stigma and delays treatment. Our journey is designed to create an environment where conversation can happen in a safe, comfortable space with people you trust.	Taking pro-active well-being and self-care measures is important for illness prevention and for building resilience to life's challenges. In this part of your journey, we will explore what mental wellness means to you, how you may achieve and sustain it, and how it impacts your health overall.	Mental illness does not discriminate and can affect anyone. Like any other health condition, it's important to know the triggers, signs, and symptoms so you can recognize them in yourself and others.	The most challenging part of the mental health experience is knowing when and how to provide support to a loved one (or to seek it for yourself). Knowing what help is available, when to seek it, and where to find it can make all of the difference.
<b>Challenges</b>	<ul style="list-style-type: none"> <li>• <b>Share with a partner.</b> Find a person you feel comfortable sharing your story with - a colleague, friend, family member, etc. Invite them along on the journey with you.</li> <li>• <b>Share with others.</b> If you're comfortable, share your story with others in the organization. (You never know who may need to hear it.)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Assess yourself.</b> Use our wellness self-assessment to identify areas of excellence and opportunity when it comes to personal wellness.</li> <li>• <b>Build your plan.</b> Help maintain your overall wellness by following some easy steps to build your own self-care plan.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Take a self-screening.</b> Get a check-up from the neck up with MHA's mental health screening tool.</li> <li>• <b>Focus on the family.</b> Use the Family History and Health Assessment to guide a conversation about mental health with your family.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Break the silence.</b> Make the choice to reach out and have the conversation you've been resisting with yourself or someone else.</li> <li>• <b>Share your support story.</b> Have you provided or received support that was a game changer in someone's life? Share your story with others.</li> </ul>

