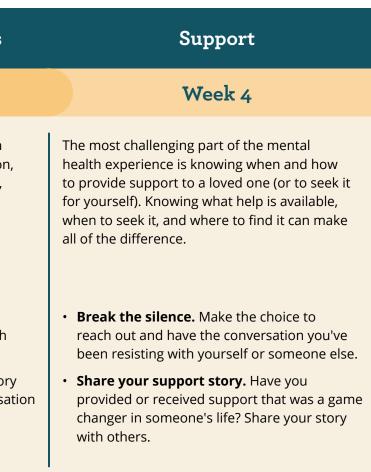


## START THE CONVERSATION about mental health.

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
	Week 1	Week 2	Week 3
Summary	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 the triggers, signs, and symptoms so you can recognize them in yourself and others.
Challenges	<ul> <li>Share with a partner. 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>Share with others. If you're comfortable, share your story with others in the organization. (You never know who may need to hear it.)</li> </ul>	<ul> <li>Assess yourself. Use our wellness self-assessment to identify areas of excellence and opportunity when it comes to personal wellness.</li> <li>Build your plan. Help maintain your overall wellness by following some easy steps to build your own self-care plan.</li> </ul>	<ul> <li>Take a self-screening. Get a check-up from the neck up with MHA's mental heath screening tool.</li> <li>Focus on the family. Use the Family History and Health Assessment to guide a conversation about mental health with your family.</li> </ul>
The STC Experience includes:	GUIDANCE & GUIDELINES:         Image: Observe the set of the set	CHALLENGES & EVALUATIONS:         • WEEKLY CHALLENGES will         stretch your thinking and ask you         to try new things.         • ASSESSMENTS will help you reflect         on your health along the way.	INSPIRATION & INFORMATION:         OOO         • OPTIONAL TEXTS provide a bird's-erview of the experience - for those who just want to dip their toe in the water         Image: OOO         • COLLEAGUES will share their person stories and insights around the weekly topics.
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## ...AND, OF COURSE, **CONVERSATION & REFLECTION:**

- WEEKLY SESSIONS bring colleagues and occasional outside experts together to dive deeply into each week's topic. **PARTNER CHATS** provide prompts
- for conversations with a trusted colleague, friend or family member.
- **USE A JOURNAL to capture your** personal notes and reflections along the way.



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START A DISCUSSION using the appropriate internal communication channel(s).

From your friends at:

