

FREE



MHAD Founding Partner

**Mental
Health
Action
Day**



A PARAMOUNT COMPANY

CONNECTION THROUGH EXPRESSION

5.16.24



FREE2LUV®

We're an award-winning national nonprofit that's all about utilizing the arts and conversation to empower and support youth struggling with identity, mental health, self-harm, and bullying.

We're addressing the mental health crisis by successfully providing safe spaces and tools for youth to thrive, express themselves creatively, become more confident and compassionate, and turn their pain into power and purpose.

We provide all of our programming to under-represented and under-resourced youth free of charge.

#MentalHealthIsHealth



a global movement

Over 2,000 organizations, brands, government agencies, and cultural leaders will join forces on May 16, 2024, to support the 4th annual Mental Health Action Day, a global movement that encourages and empowers people to take action for mental health.

We are proud to be a Founding Partner of this movement and thank you for joining your voice with ours to shine a spotlight on our collective mental wellness.

• **MHAD theme: A.S.K.** •

The best way to support each other is to A.S.K.

This infographic has a purple background. At the top, two speech bubbles contain the text: "That really sounds challenging." and "That sounds like a lot." Below these, the title "Ways to acknowledge" is written in white. At the bottom, two more speech bubbles contain: "You're allowed to feel that way." and "I appreciate you sharing that with me." A small "ask" logo is in the bottom right corner.

This infographic has a dark blue background. At the top, two speech bubbles contain: "What can I do for you right now?" and "This is a no judgment zone." Below these, the title "Ways to support" is written in white. At the bottom, two more speech bubbles contain: "You're not alone. I'm here for you." and "Are you open to talking to someone else who can help?" A small "ask" logo is in the bottom right corner.

This infographic has a dark green background. At the top, two speech bubbles contain: "Want to hang out this weekend?" and "Thinking of you this morning. How's it going?" Below these, the title "Ways to keep-in-touch" is written in white. At the bottom, two more speech bubbles contain: "How are you feeling today?" and "Just a friendly wellness check! You good?" A small "ask" logo is in the bottom right corner.

tips and resources to help start the conversation, offer support and also look after ourselves in the process

• WAYS YOU CAN SHOW YOUR SUPPORT •

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



Be relaxed and nonjudgmental: Try, "I feel like we haven't hung out one-on-one forever. Are you up for dinner or coffee to catch up?"

Be the first to open up: Try, "Things just feel overwhelming lately, and I could use one of our chats. Can you hang out this week?"

Don't try to diagnose or fix it: Your role is to listen, respond without judgment, offer support, and encourage them to get help if needed.

Help them find help: Offer to navigate the process with them, such as researching options online, finding providers that are affordable or take their insurance, or even going with them to their first appointment and waiting to meet them after for lunch or a walk.

Keep going: No matter how careful and understanding your approach is, sometimes friends just need more time to be ready to have the conversation or accept support. Be patient, and don't give up!

Take care of yourself: Taking on a friend's burden in emotional distress can be overwhelming and draining, so remember to recognize your limits, set boundaries, and reach out for help if you need it.

If your friend is talking about harming themselves or they're engaging in risky behaviors, reach out to 988 CALL - TEXT- CHAT. |

• MORE WAYS TO SUPPORT OTHERS •



It's important to be patient, open-minded, and supportive when approaching a friend who might be struggling emotionally.

'YOU'RE NOT ALONE'

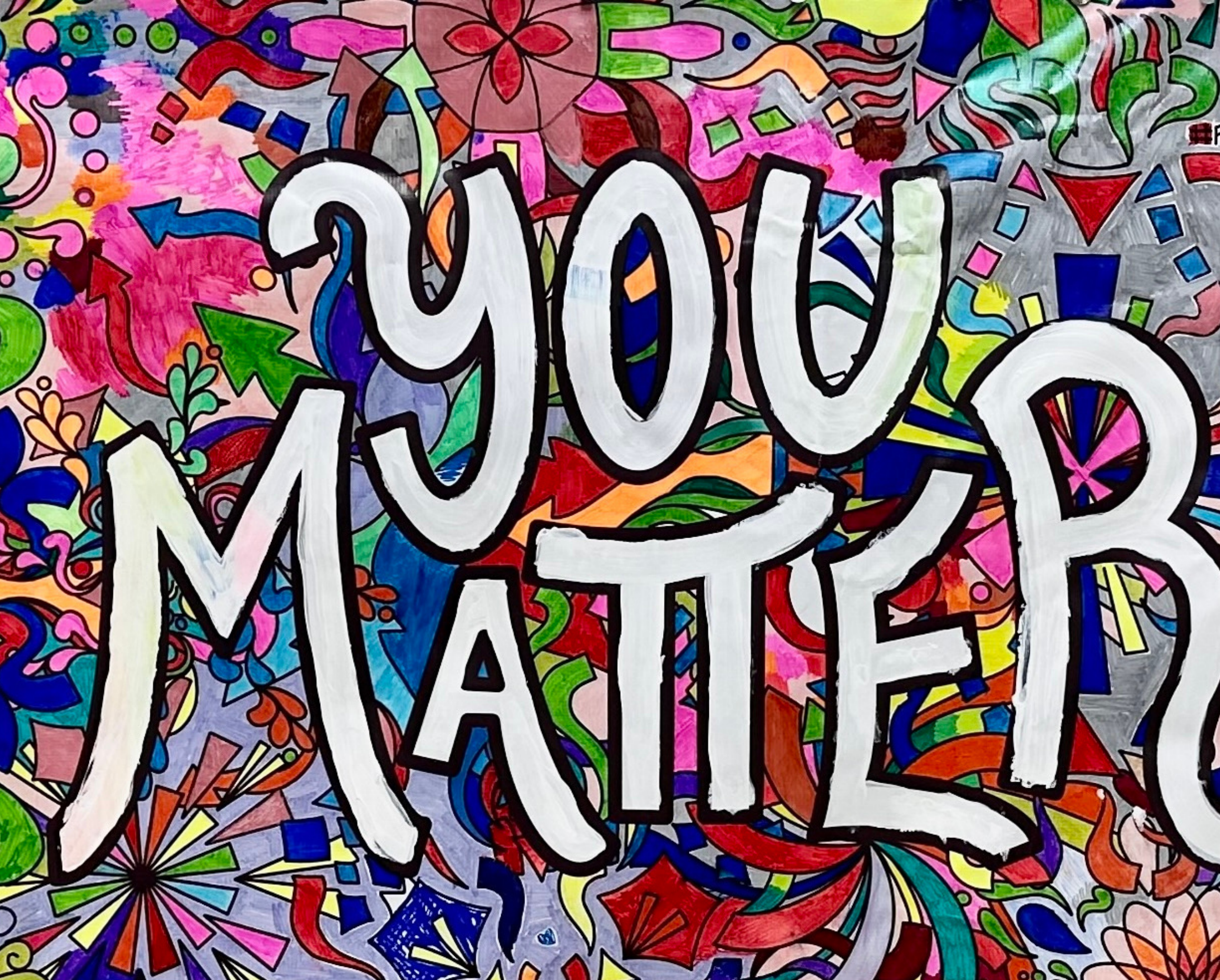
Your friend may see asking for help as a sign of weakness. It can help to remind them that we all go through tough times by sharing something you're struggling with now or talking about a time when you needed support and how that helped you.

'YOU CAN FEEL BETTER'

Help your friend see that reaching out for support is the first step to feeling better. When we're struggling, it's common to feel like no one can really help us. The good news is that most mental health challenges can be overcome, managed, or treated.

'I'M ALWAYS HERE FOR YOU'

People who are struggling might not proactively ask for support. Some good approaches to being what they need are "You've been there for me so many times; how can I be there for you now?" or "I'm always just a call or text away."



art activation talking points

- Why is it important to take action for your mental health, and what actions do you take to prioritize your own mental well-being?
- Who are you with, and what are you doing when you feel like your most authentic self?
- What's the most powerful thing your friends can do when you're going through a difficult time?
- Can you recall an instance when you were really struggling emotionally, and a friend or family member reached out to support you? How did that make you feel?
- Share a time when simple words or actions from a friend changed your day for the better.
- What is the best advice you have received from a loved one or a mental health professional about how to maintain strong mental health?