

MENTAL HEALTH MATTERS

Time to talk!

In an effort to promote open conversations about mental health, The Wellbeing Partners continue to work to reduce its stigma. Join in a commitment to having conversations about mental health in your everyday life.

Have perspective

Share your story and encourage others to engage in conversations about mental health.

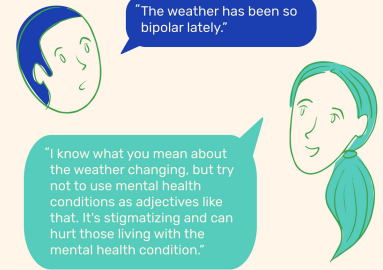
Read insights on mental health by [TWP's Claire Brown](#).

Consider participating in [WhatMakesUs](#), a collection of shared stories from people living with a mental health condition and their allies. When you share your story, you show that no one is defined by a mental health condition.

Take care

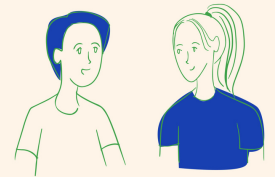
Visit The [Wellbeing Partners' new resource page](#) for support including [warm lines](#), [peer support](#), and [self-care](#). Be sure to check out [Nebraska](#) and [Iowa](#) trails to enjoy time outdoors.

Words can carry stigma, even when they come from an innocent place. If you hear stigmatizing language in conversations, speak up.



It's normal to feel _____ during a pandemic

STRESSED ✓ NERVOUS ✓
ANXIOUS ✓ HOWEVER YOU FEEL ✓
SAD ✓



Talk to your friends: You aren't the only one feeling this way.

I pledge to:

Normalize talking about mental health



Avoid stigmatizing language and hold friends accountable, too



Be an ally by asking loved ones how they're doing – not just once or twice, but often

how are you?