

Mental Health Awareness Month



An awareness campaign that includes:

- Mental health toolkits
- Mental health videos
- Mental health series / movies
- Mental health UFS shares their stories
- Mental health messages
- Session with the author of *Surfacing*

Everyone has challenges, whether it is coping with stress, the loss of a loved one, depression or a mental health condition.

Your story may just be what another person needs to hear. Knowing that you are not alone and knowing that you can grow with your mental health challenge is imperative.

You are the author of your own life story; you can decide when to start a new chapter and when to change the ending. Let's share our stories and help others and ourselves to grow emotionally and mentally. We are the superheroes of our life stories, and we decide to have the courage to share these amazing stories of growth and confidence.

Share your story and positively impact another person's story.



You are not alone; everyone has a story to share.

#ShareYourStory

Contact me for more information:

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