Talking is Mental Health and can spark healing, growth, and connection with our youth.

MIND4HEALTH
A Text Messaging Service for Caring Adults

This text message series will offer tips to help you talk with youth about mental health and wellness skills, and how you can model self-care and share mental health resources when needed.

You'll receive 1 to 2 text messages a week with conversation starters, tips, video demonstrations, and words of encouragement. We’ll walk you through three steps to help fill your Mental Health toolbox: Respond, Heal, and Grow. In the Respond phase, you’ll learn how to support youth with their mental health. In the Heal and Grow phases, we’ll use our Indigenous lens to put things into context - sharing tips and tools to support your own mental health. Throughout the series, we’ll share inspirational messages from your Relatives, so you know you’re not alone.

#mind4health #HealthyNativeYouth #TalkingisPower

#THRIVE@npaihb.org
www.wernative.org
www.facebook.com/weRnative/
@wernative
www.youtube.com/user/weRnative

I just want to let you know that I’m here if you ever want to talk about anything, big or small.

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