

WHY IT'S OKAY TO TALK ABOUT YOUR MENTAL HEALTH



@BELIEVEPHQ



Because it can help you feel better by talking about it



Because it is okay to talk about emotions and feelings



Because it is the first step to breaking the stigma



Because 1 in 4 of us experience a mental health problem



Because it is okay to feel anxious or low

Because it's okay to show weakness



Because it's okay to show you are struggling

Because it is okay to not feel okay



Because by being open can help you to get support

Because it can help reduce feelings of shame

