

# WHY WE SHOULDN'T

# BE AFRAID TO TALK ABOUT

# OUR MENTAL HEALTH



@BELIEVEPHQ



Because by hiding mental health problems can make things worse



Because talking about mental health shows great courage



Because talking about mental health shows great strength



Because not everyone will judge you



Because it is okay to show you are struggling or want some help



Because it is okay to express how you are thinking or feeling



Because there is nothing wrong with experiencing a mental health problem



Because 1 in 4 of us experience a mental health problem



Because there is nothing to be ashamed of



Because it is okay to not feel okay

