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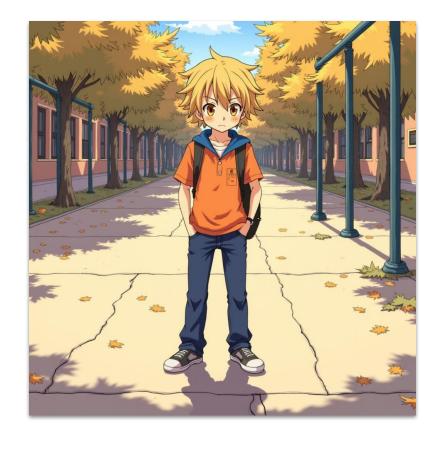








Sometimes we all feel big emotions. It's okay! Talking to a friend, teacher, or parent can help.

















Mental health is about how we think, feel, and act every day. It's normal to feel worried, stressed, or sad sometimes.

















If those feelings stay too long, or feel too heavyremember, reaching out is a sign of strength, not weakness.

















## On Mental Health Day, let's remember:

Talking helps.
Listening helps.
You are never alone.

















## Join the Movement!

World Mental Health Day #KnowEmotions

Take care of your mind. It's the most powerful tool you have. Choose to talk about what you feel!















