

# LET'S BREAK THE STIGMA

## MENTAL HEALTH MATTERS

Let's change the way we think about mental health

Be kind to your mind

You're not alone

Don't suffer in silence

It's okay to not be okay

### Tips For Communicating

- Listen without judging
- Validate their feelings always
- Be patient and understanding
- Show empathy and compassion
- Respect their boundaries always

JOIN US FOR A MENTAL HEALTH SYMPOSIUM ON MAY 10.



UNDER THE GUIDANCE OF  
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UPADHYAYA

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