



IT'S HARD
TO SHUT IT OFF.

THE STUFF
WE SEE
IT'S TOUGH
TO TALK
ABOUT
FRIENDS
& FAMILY.

I MEAN
HOW COULD THEY
UNDERSTAND?
MORE AND MORE
I FEEL
ALONE.

SHARE IT. DON'T WEAR IT.

It's time to speak up about mental health. ► [FirstRespondersMentalHealthNS.com](https://www.FirstRespondersMentalHealthNS.com)

TRAINING

