

THERE'S THIS
HEAVY FEELING,

IT'S MORE THAN
A BAD CALL
OR A
BAD DAY.

IT'S LIKE
ALL THE TIME
AND THE FUNNY
THING IS
I'M REALLY
NOT SURE
WHY?

SHARE IT. DON'T WEAR IT.

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

