

2024 Mental Health Month

# Let's Talk About: How To Be A Mental Health Ally



01.

## Connect

Reach out and check in with the person. Ask how they are?

02.

## Deep Listening

Just listen, leave lots of room for them to talk.

03.

## Continued Support

Check back in with them.



Learn more here



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# Let's Talk About: How To Be A Mental Health Ally



Event Title

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Date & Time

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Location

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Organiser

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Learn more here