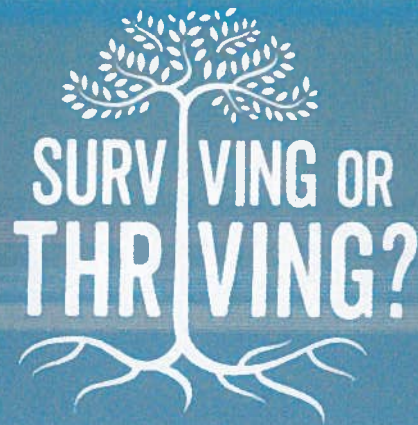


MENTAL HEALTH  
AWARENESS WEEK

8-14 MAY 2017

#MHAW17



## Conversation Starters

- Share with someone the things that make you happy
- Text or ask a friend “How are you?”
- Call someone you have not spoken to for a while
- Tell someone how you are feeling today
- Thank someone for something they have done for you
- Get some fresh air with someone and see how they are doing
- Make someone a drink and have a chat
- Find out what someone does to unwind on a tough day