

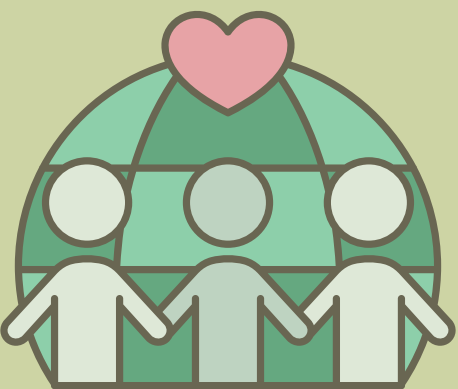
MAY 1-7, 2023

MENTAL HEALTH WEEK

MY STORY

Stories Make Us Human

Stories are how we pass down information, culture and language. They connect us with our families..



Stories Build Empathy

Sharing personal experiences and stories promotes understanding - it can help us see the world from different perspective..

Stories Encourage Connection

When we connect with characters in a story, our brain releases oxytocin. Oxytocin is associated with empathy, the building block in helping us connect.



Stories Destigmatize

The more we share stories of the challenges and difficulties we've overcome, the easier it is to talk about such conditions and disorders.

Share Your Story!

By hearing, seeing and learning of others' experiences in the world through storytelling, we can destigmatize mental health and raise awareness of important issues, while encouraging individuals to seek help and support.

#mystory #mentalhealthweek

MENTAL HEALTH SUPPORTS



Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

Lethbridge Family Services

(403) 327-5724

Mental Health Help Line

1-877-303-2642

Addiction HelpLine

1-866-332-2322

Family Violence

(403) 310-1818

**Distress Line of
Southern Alberta**

(403) 327-7905



#MyStory #MentalHealthWeek