

WE'RE STARTING A CONVERSATION

LET'S TALK MENTAL HEALTH

**WIDE SKIES
OPEN
MINDS**

We like to say we know each other well here in the Falklands. But there's more to us than you think. Just like there's more to a person than their mental health condition.

We're encouraging everyone to talk about mental health, seek help when needed, and support each other without fear of judgment.

With our wide skies as its backdrop, Wide Skies, Open Minds draws on the power of our community and connection to bring mental health into the open.

#wideskiesopenminds

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Here are 5 simple ways to start the conversation:

-  **Ask how they are – and ask twice.** It shows you're really listening.
-  **Listen without judgment.** You don't need to fix it. Just be there.
-  **A little can mean a lot.** A quick "thinking of you" text can go a long way.
-  **Skip the clichés to show you care.** Instead of "you'll be fine," try "I'm here for you."
-  **Talk about everyday things too.** The weather, football, a walk at Cape Pembroke – it all helps.

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