

BRINGING THE FACTS INTO THE OPEN

WIDE SKIES
OPEN
MINDS

Myth:

Talking about
mental health
will make it worse.

Fact:

TALKING HELPS.

Honest conversations are
one of the best ways to
support someone who's
struggling. It shows them
they're not alone.

Join the campaign at
www.falklands.gov.fk/publichealth

#wideskiesopenminds

Let's talk mental health