

**Talking is
Mental Health
and can spark
healing, growth,
and connection
with our youth.**

MIND4HEALTH

A Text Messaging Service for Caring Adults

This text message series will offer tips to help you talk with youth about mental health and wellness skills, and how you can model self-care and share mental health resources when needed.



You'll receive 1 to 2 text messages a week with conversation starters, tips, video demonstrations, and words of encouragement. We'll walk you through three steps to help fill your Mental Health toolbox: Respond, Heal, and Grow. In the Respond phase, you'll learn how to support youth with their mental health. In the Heal and Grow phases, we'll use our Indigenous lens to put things into context - sharing tips and tools to support your own mental health. Throughout the series, we'll share inspirational messages from your Relatives, so you know you're not alone.

 THRIVE@npaihb.org

 www.wernative.org

 www.facebook.com/weRnative/

 @wernative

 www.youtube.com/user/weRnative

*I just want to let you know
that I'm here if you ever want
to talk about anything,
big or small.*

#mind4health

#HealthyNativeYouth

#TalkingisPower