If a friend opened up to you about their mental health, what would you tell them?

When you are struggling, what do you need to hear?

Write a message that would make you feel encouraged!

Messages of Hope

What & Why

- When someone is hospitalized for their physical health, people send cards and flowers. Join us in sending cards to someone hospitalized for their mental health.
- Share messages of hope and offer encouragement for youth and young adults and others in need of support.
- Your messages will be made into cards for young people receiving treatment and to show support for those in our communities who are hurting.

Who

We invite ANYONE (youth, young adults, family, and community members) to submit messages we can share with others in need of support.

When, Where, & How

Click HERE to share your message(s) by May 31st.