

# Let's Talk About Mental Health

## Break the Silence. Break the Stigma

### How to use your Bulletin Board Kit

1. Look at the Display Board Idea.
2. Ensure your kit has all the needed pieces.
3. Cut out the pieces.
4. Use construction paper, markers, or paint to create the music staff.
5. Invite a patient to assist you with creating the display.
6. Make sure the display is in an area where patients can see it.
7. Take a photo and send it to the Network at [Qsource-QIdept@qsource.org](mailto:Qsource-QIdept@qsource.org)!



# Let's Talk About Mental Health

## Break the Silence. Break the Stigma.

### Mental Health Is Not

A Sign of Weakness

Shameful

“All In Your Head”

Something You Can “Snap Out Of”

### Mental Health Is

Important

Linked to Physical Health

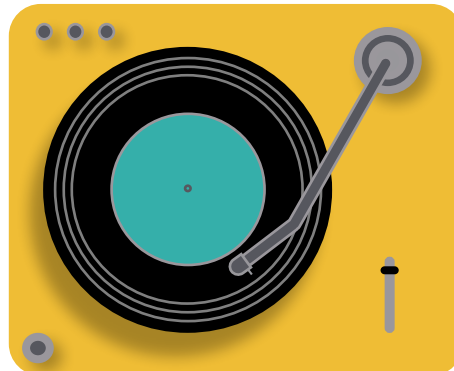
Real

Worth Making Time For

Something We Need to Take Care Of



### Ways to Improve Mental Health



- Ask for Help From a Mental Health Professional
- Eat a Renal Friendly Diet
- Accept Who You Are
- Talk About Your Feelings

- You Are Not Alone
- Talk to Friends and Family
- Exercise
- Practice Self-Care

**Mental Health Is Not**

**A Sign of Weakness**

**Shameful**

**“All In Your Head”**

**Something You Can  
“Snap Out Of”**

**Mental Health Is**

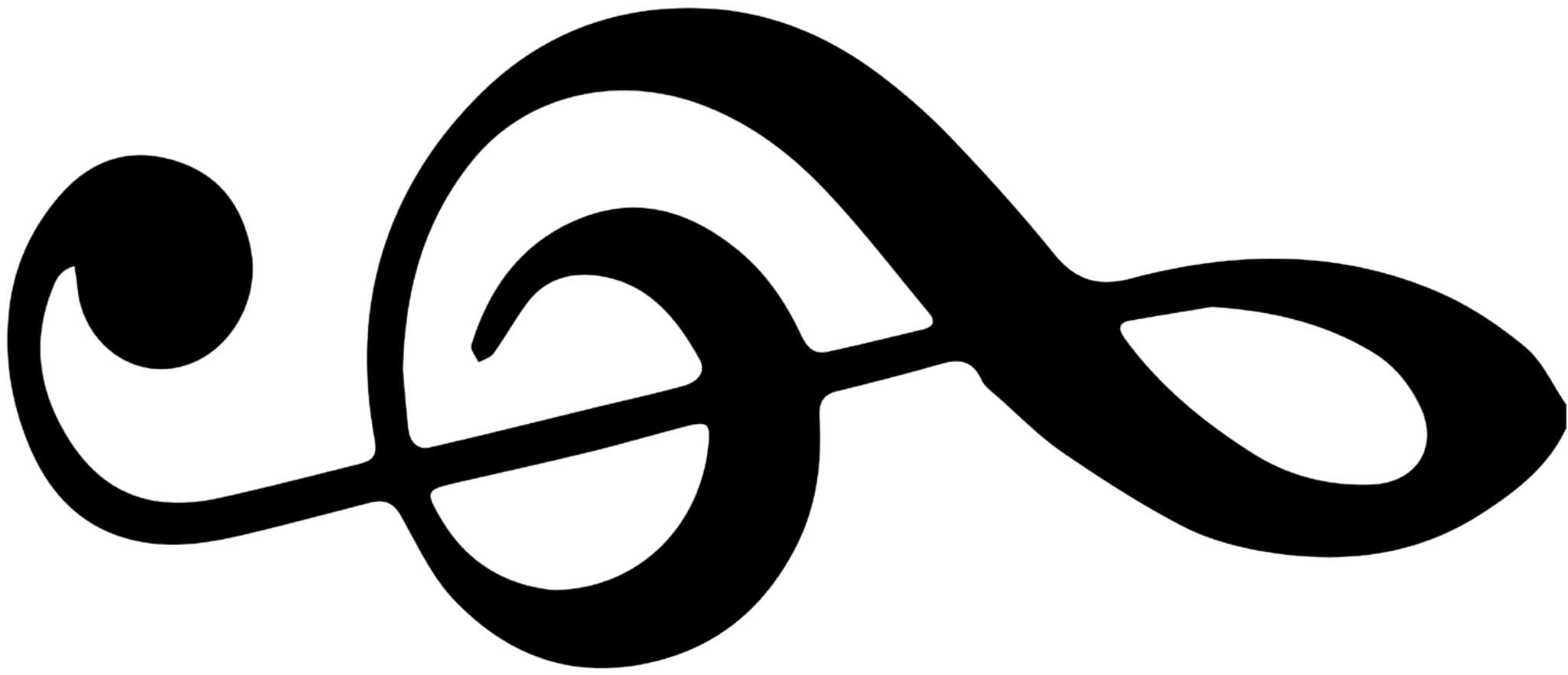
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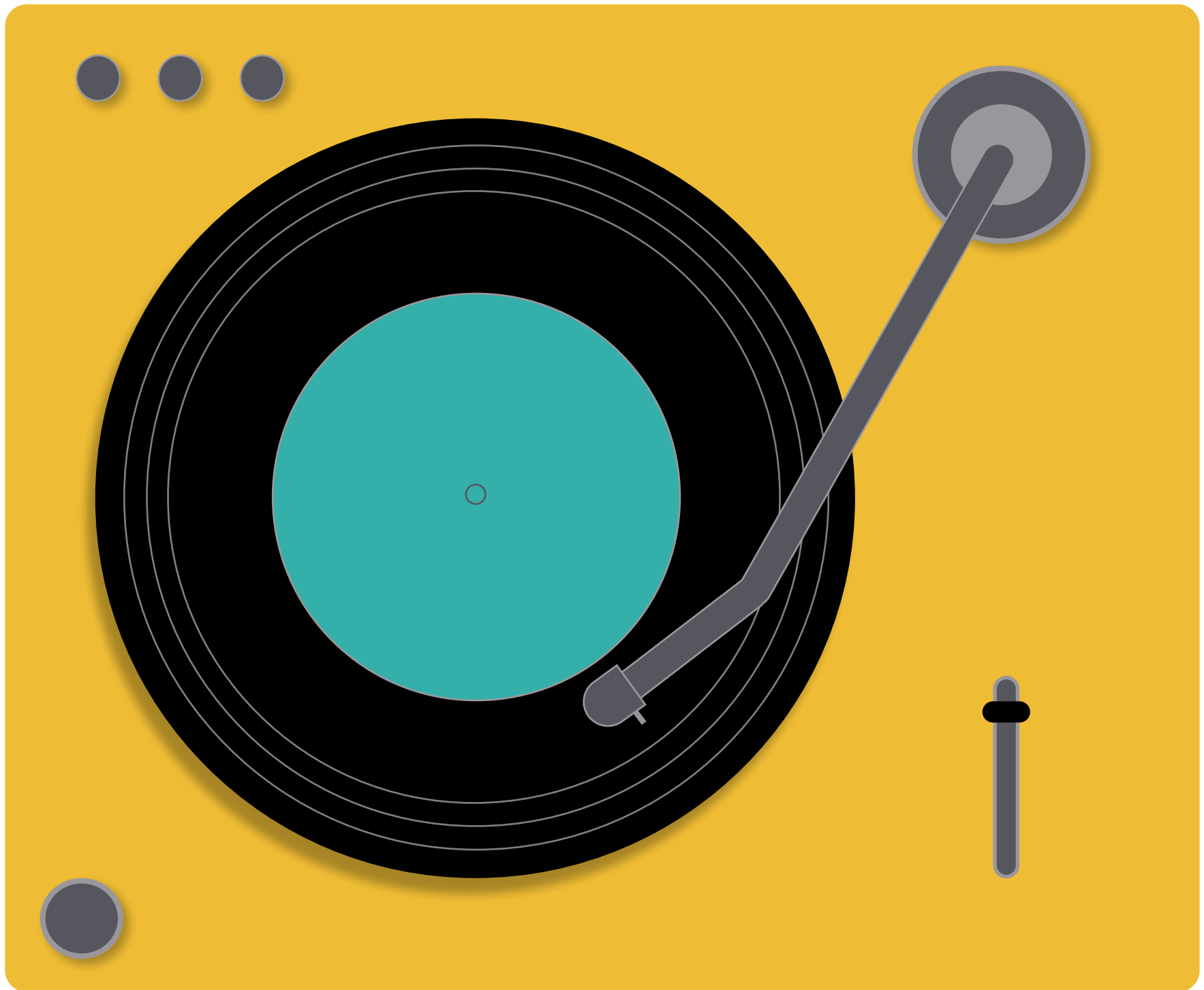
**Linked to Physical Health**

**Real**

**Worth Making Time For**

**Something We Need  
to Take Care Of**









**Eat a Renal  
Friendly Diet**



**Talk About  
Your Feelings**



**Practice  
Self-Care**



**Accept Who  
You Are**



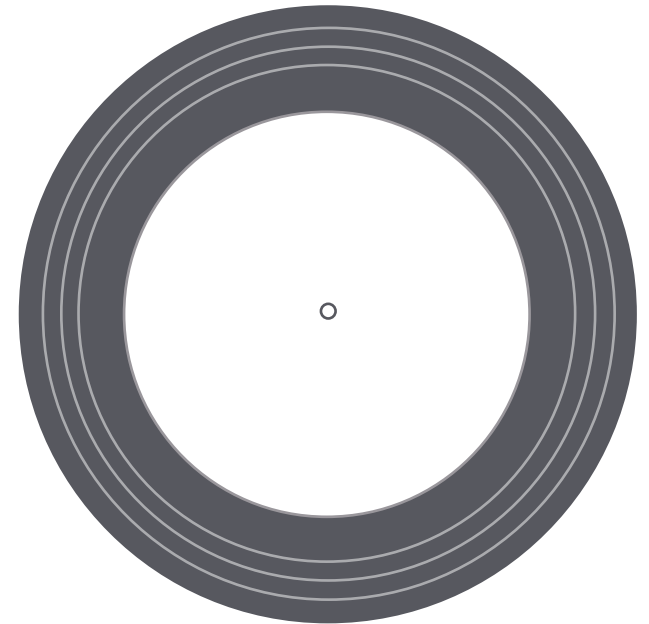
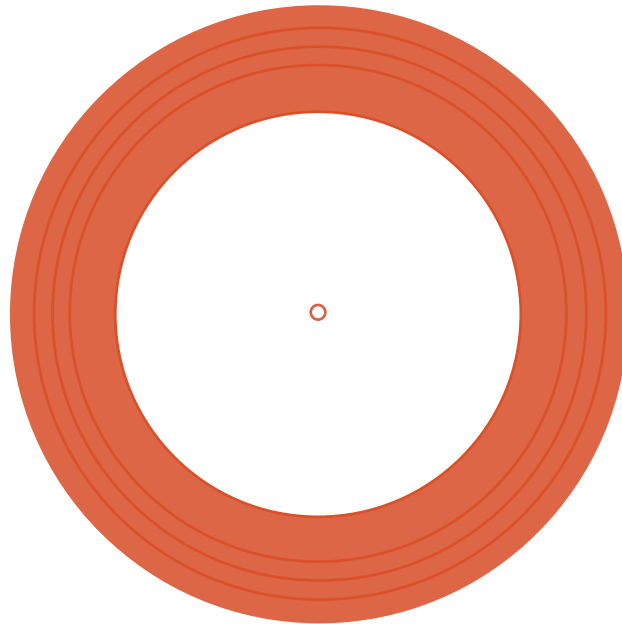
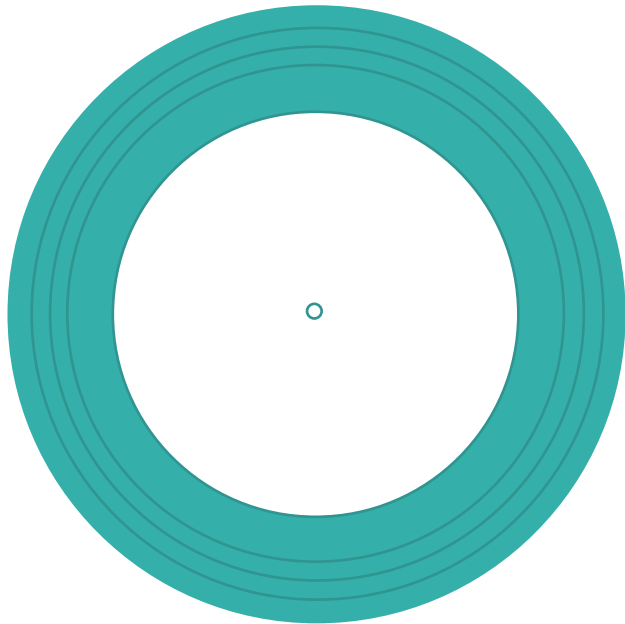
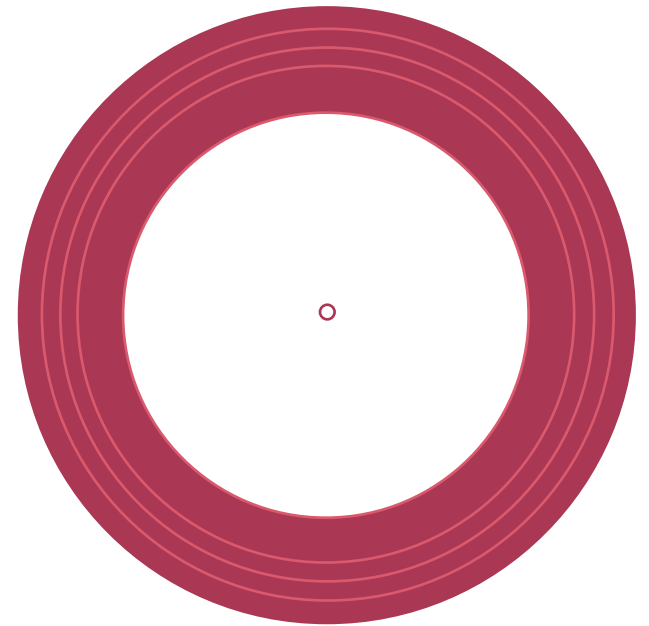
**Ask for Help From  
a Mental Health  
Professional**

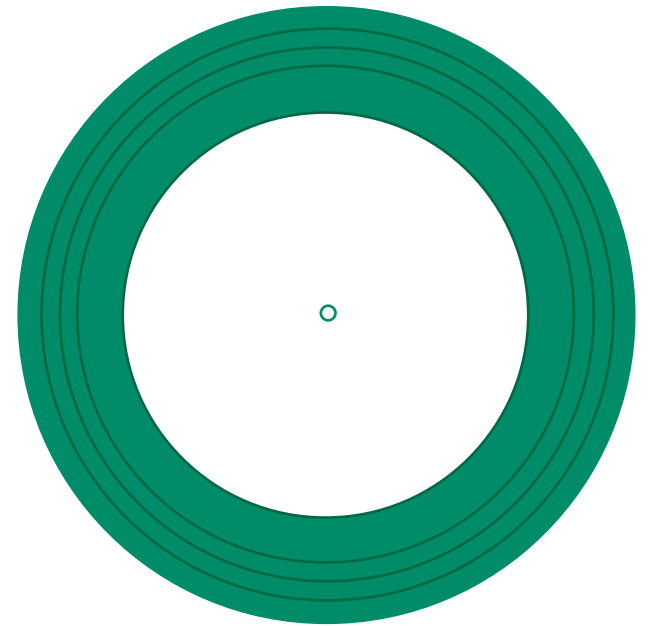
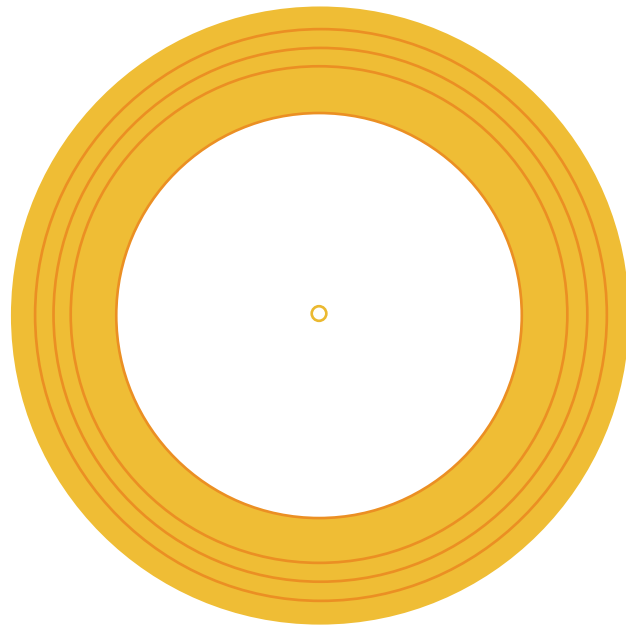
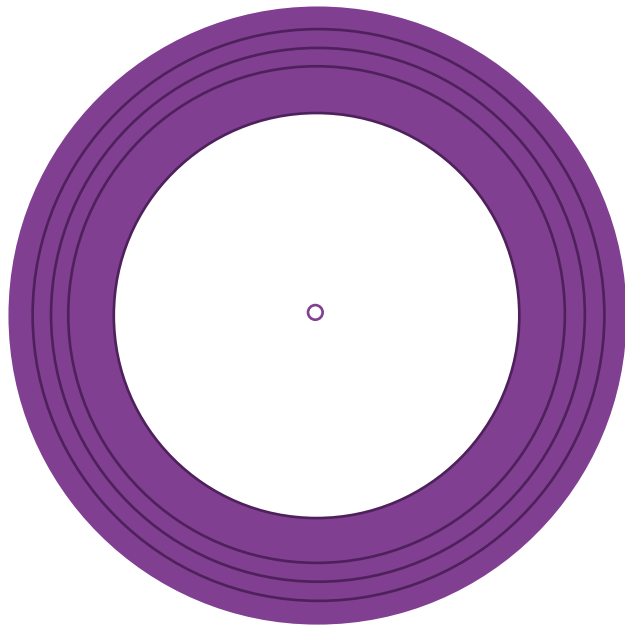
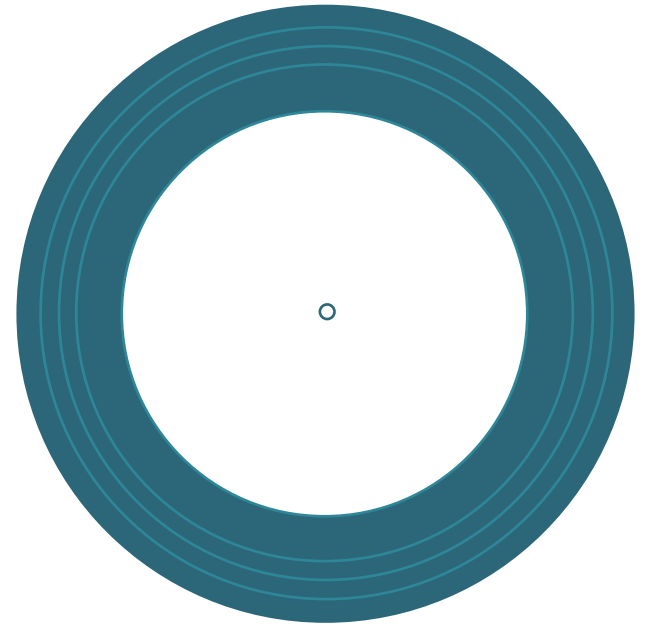
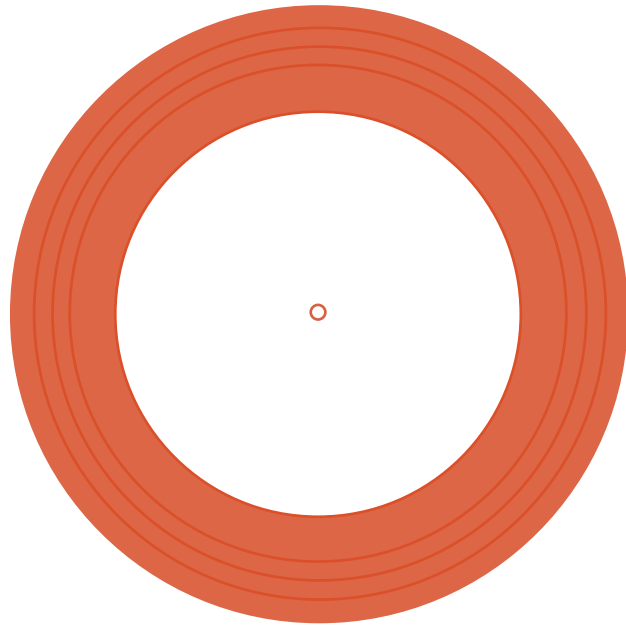
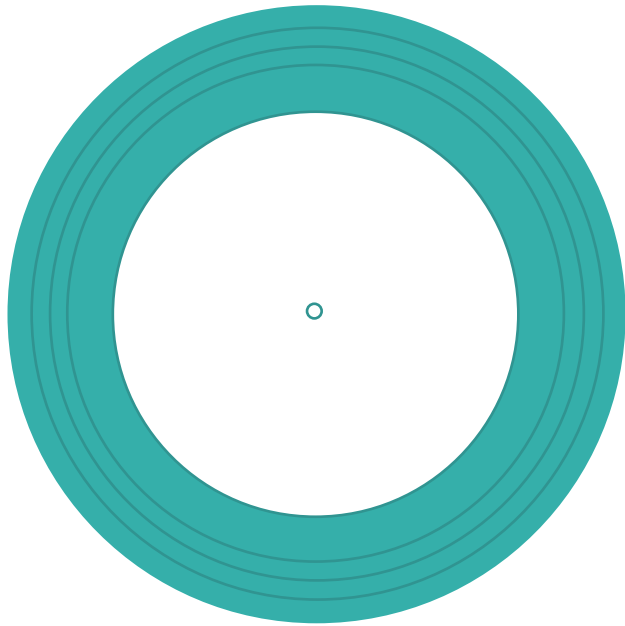


**Mental Health  
is Health**



Use the blank records to add your own benefits.







**Eat a Renal  
Friendly Diet**



**Talk About  
Your Feelings**



**Accept Who  
You Are**



**Practice  
Self-Care**



**Ask for Help From  
a Mental Health  
Professional**



**Mental Health  
is Health**



**Talk to Friends  
and Family**



**Exercise**

Use the blank records to add your own benefits.

