

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-Qldept@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

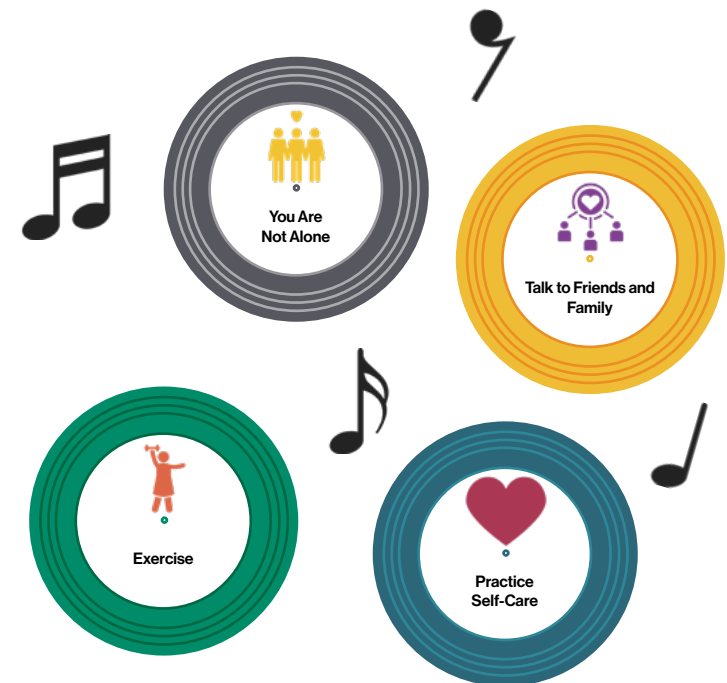
Linked to Physical Health

Real

Worth Making Time For

Something We Need to Take Care Of

Ways to Improve Mental Health



Mental Health Is Not

A Sign of Weakness

Shameful

“All In Your Head”

**Something You Can
“Snap Out Of”**

Mental Health Is

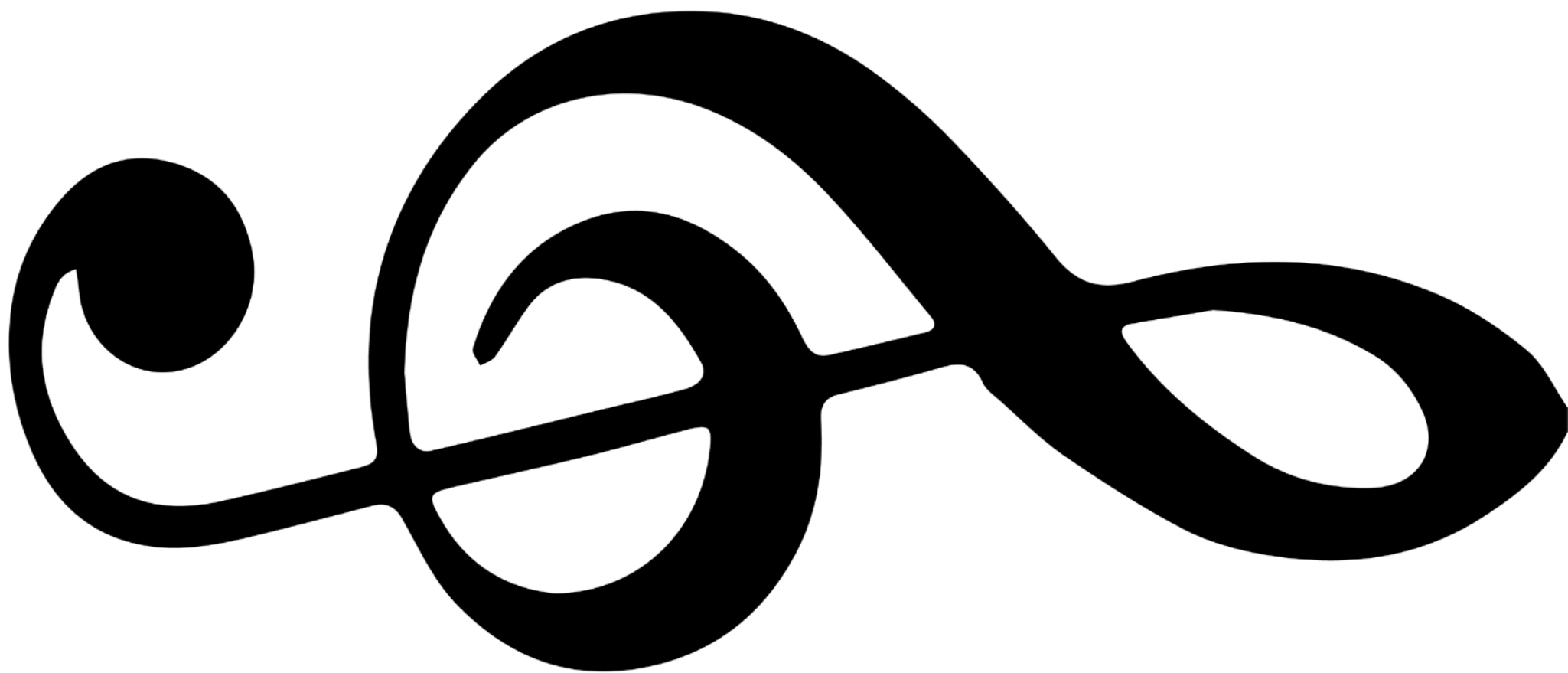
Important

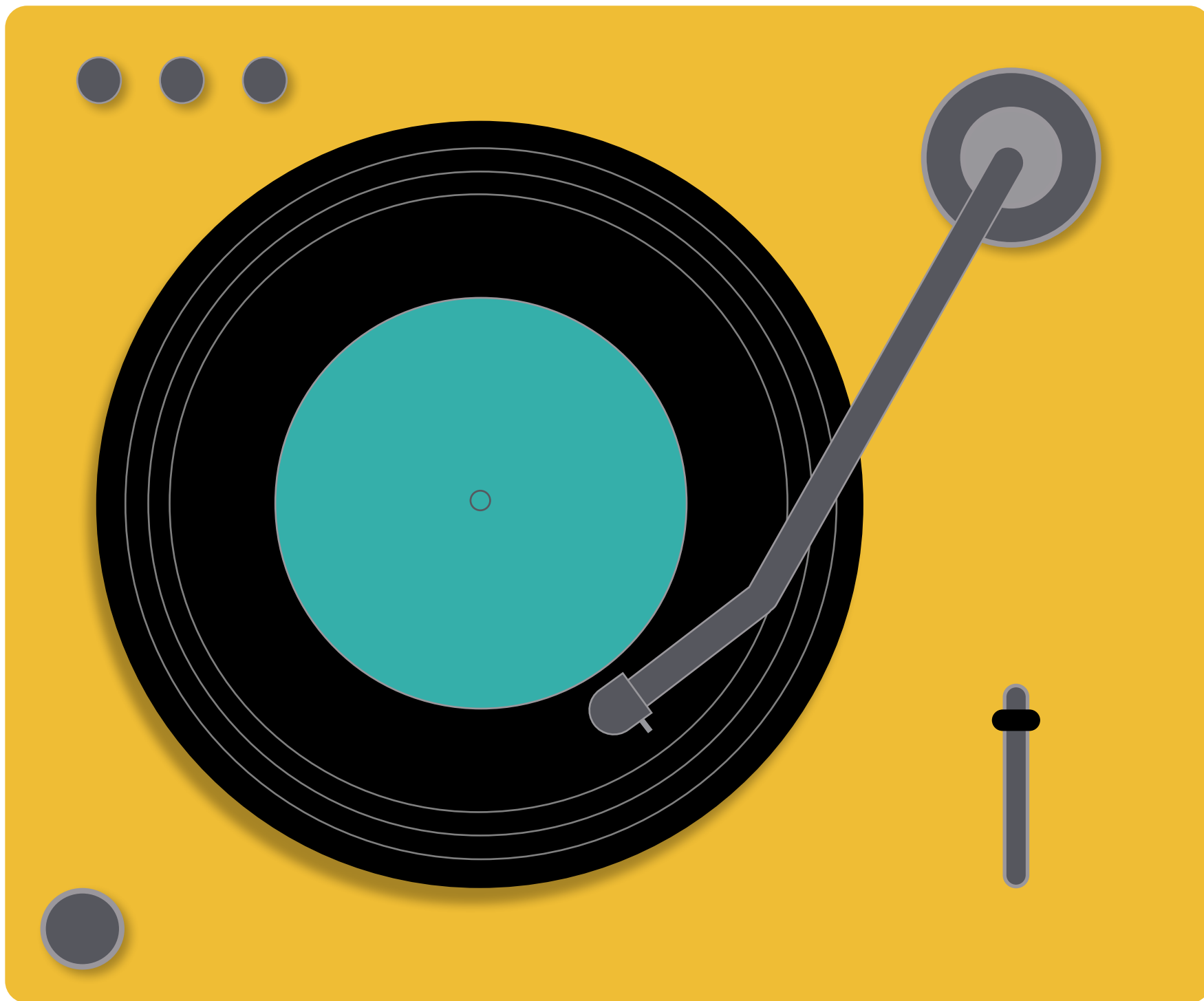
Linked to Physical Health

Real

Worth Making Time For

**Something We Need
to Take Care Of**

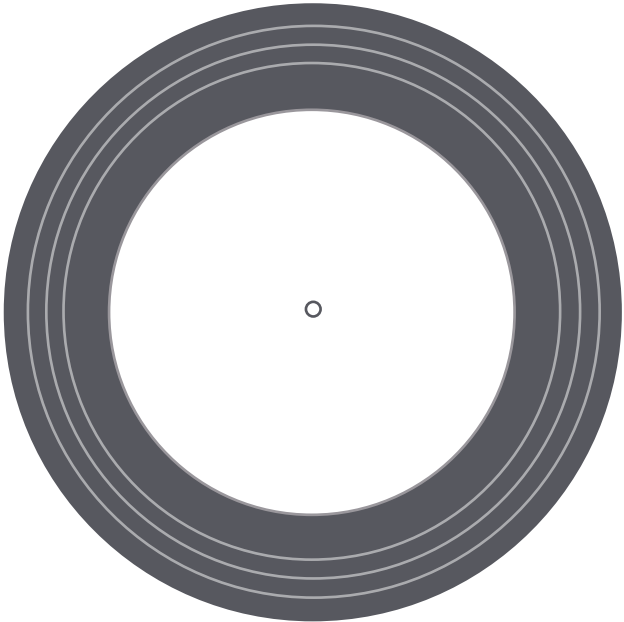
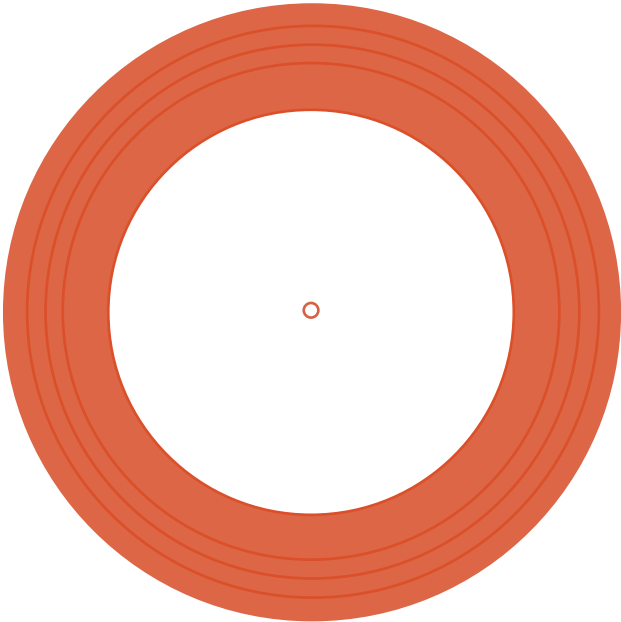
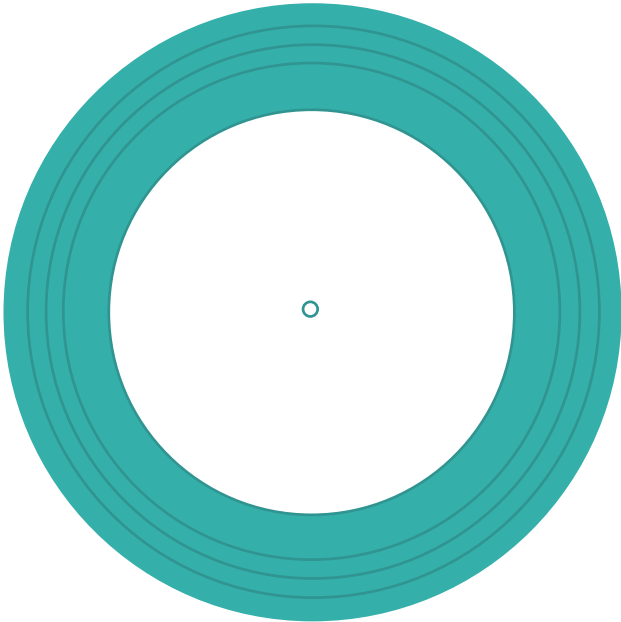
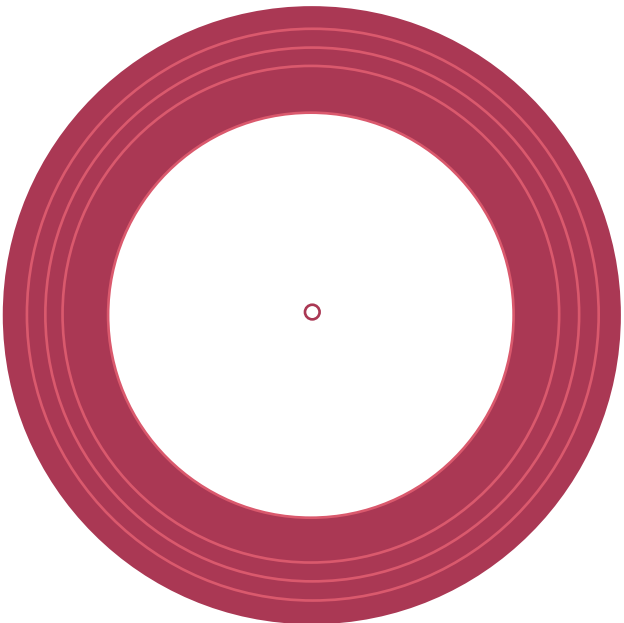


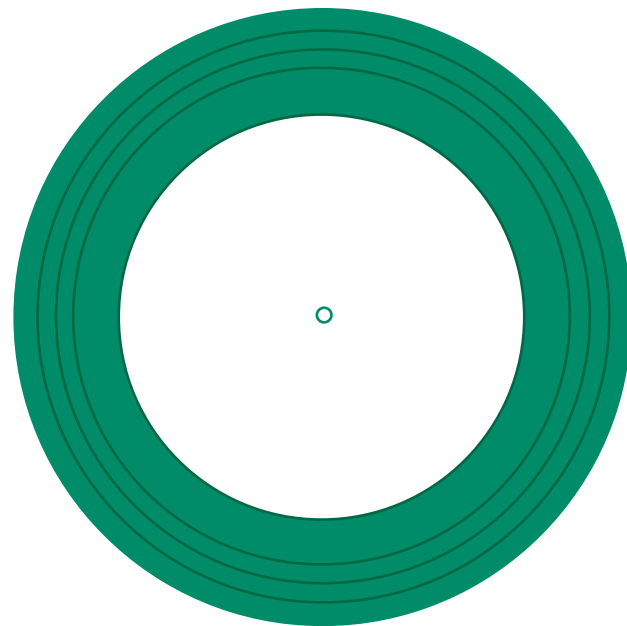
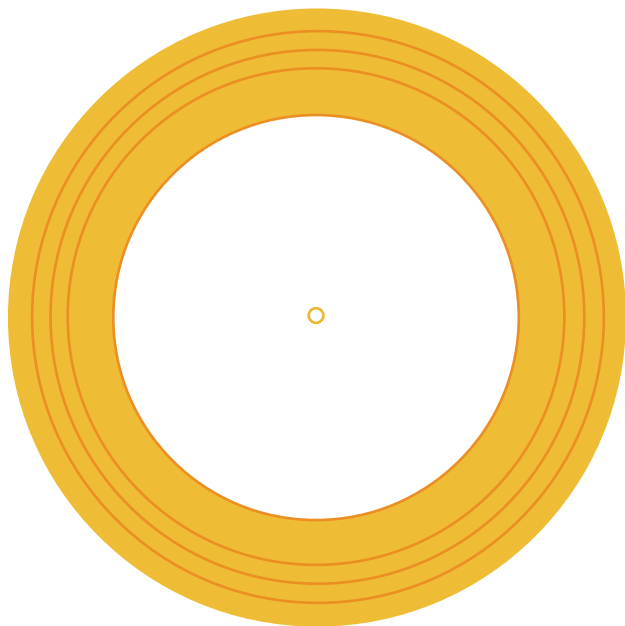
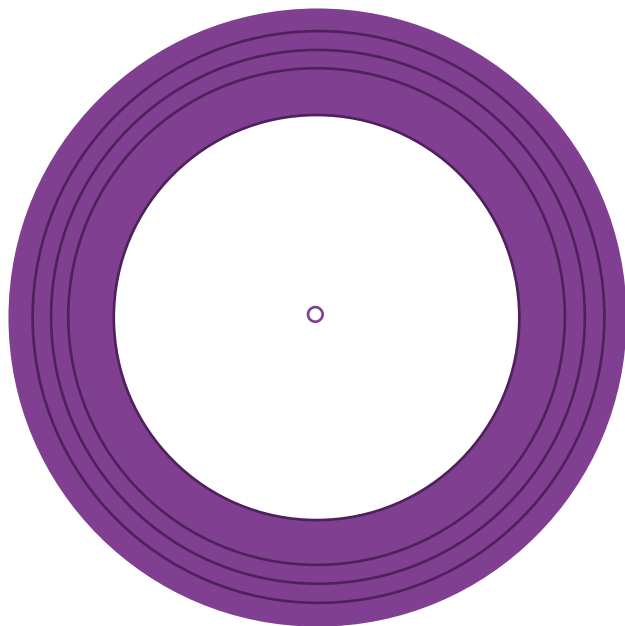
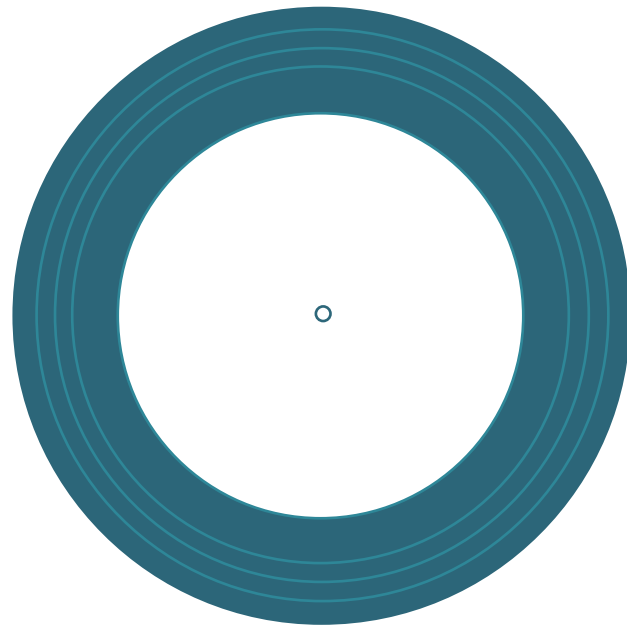
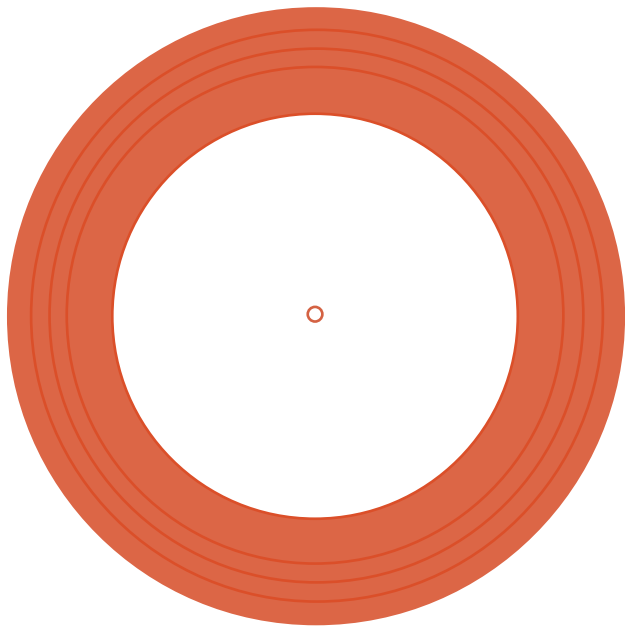
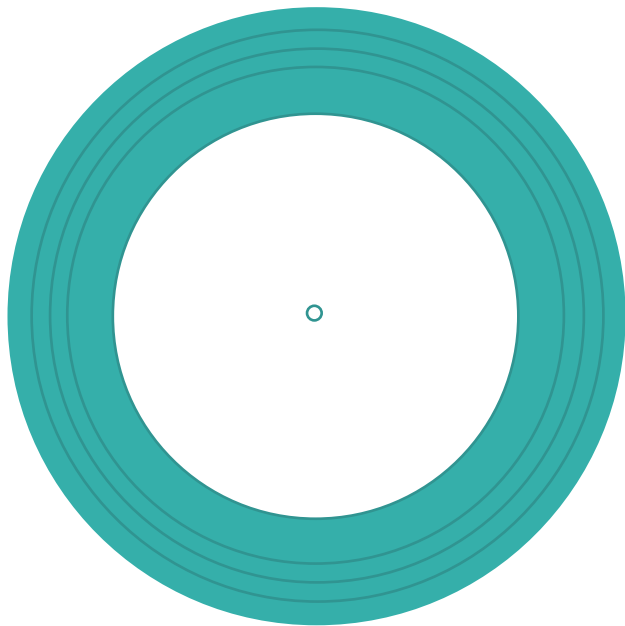






Use the blank records to add your own benefits.







**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**

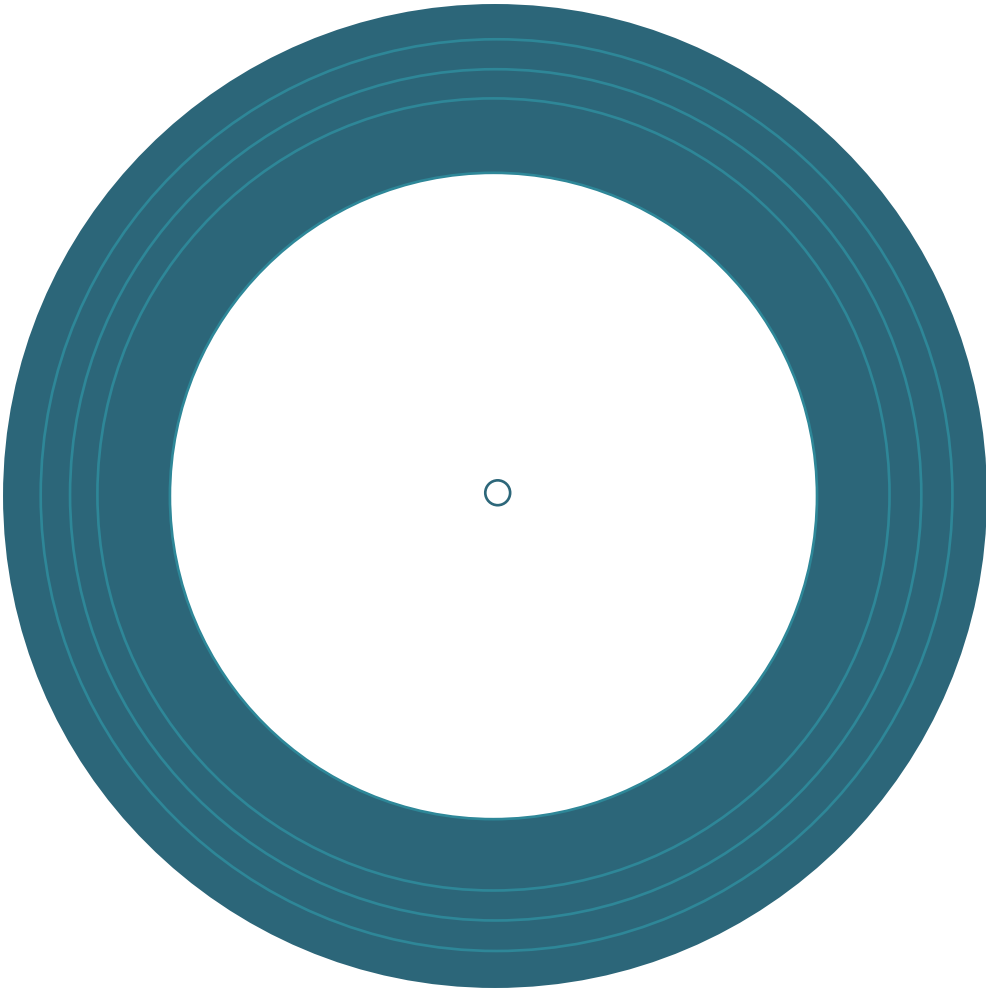
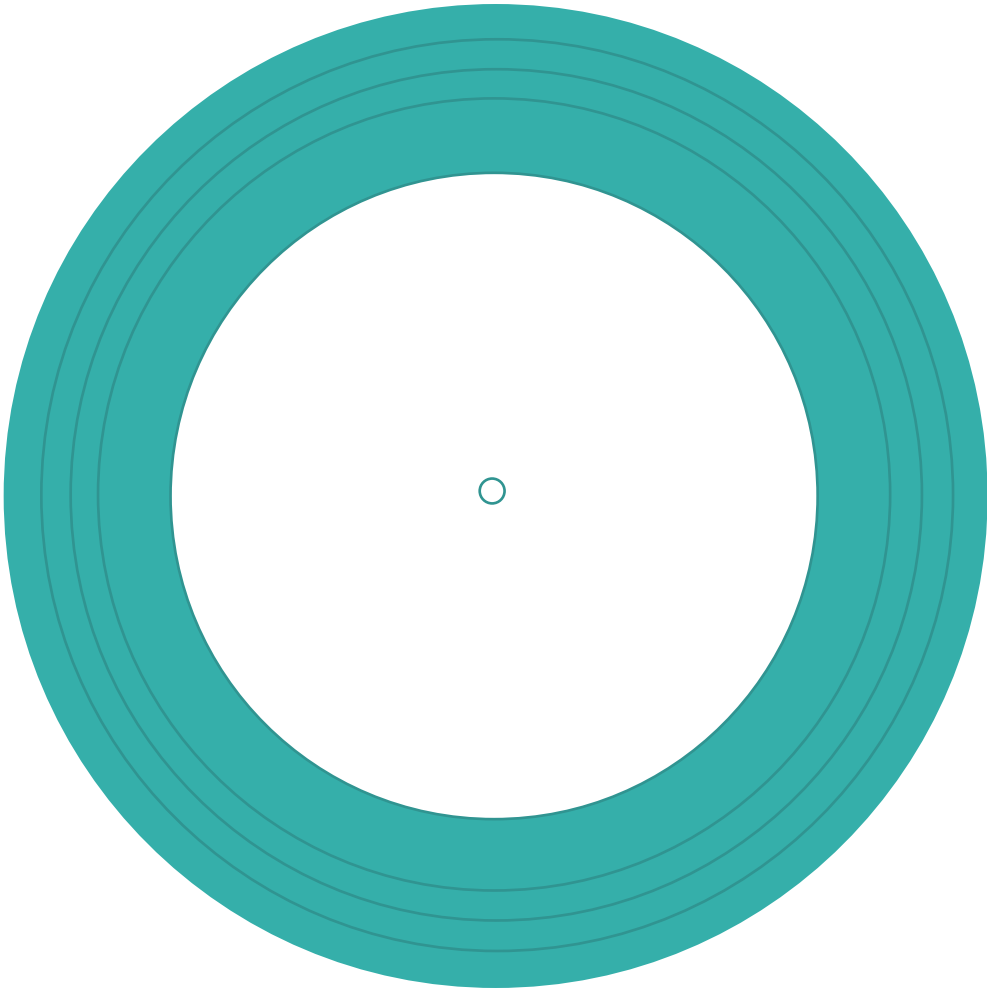


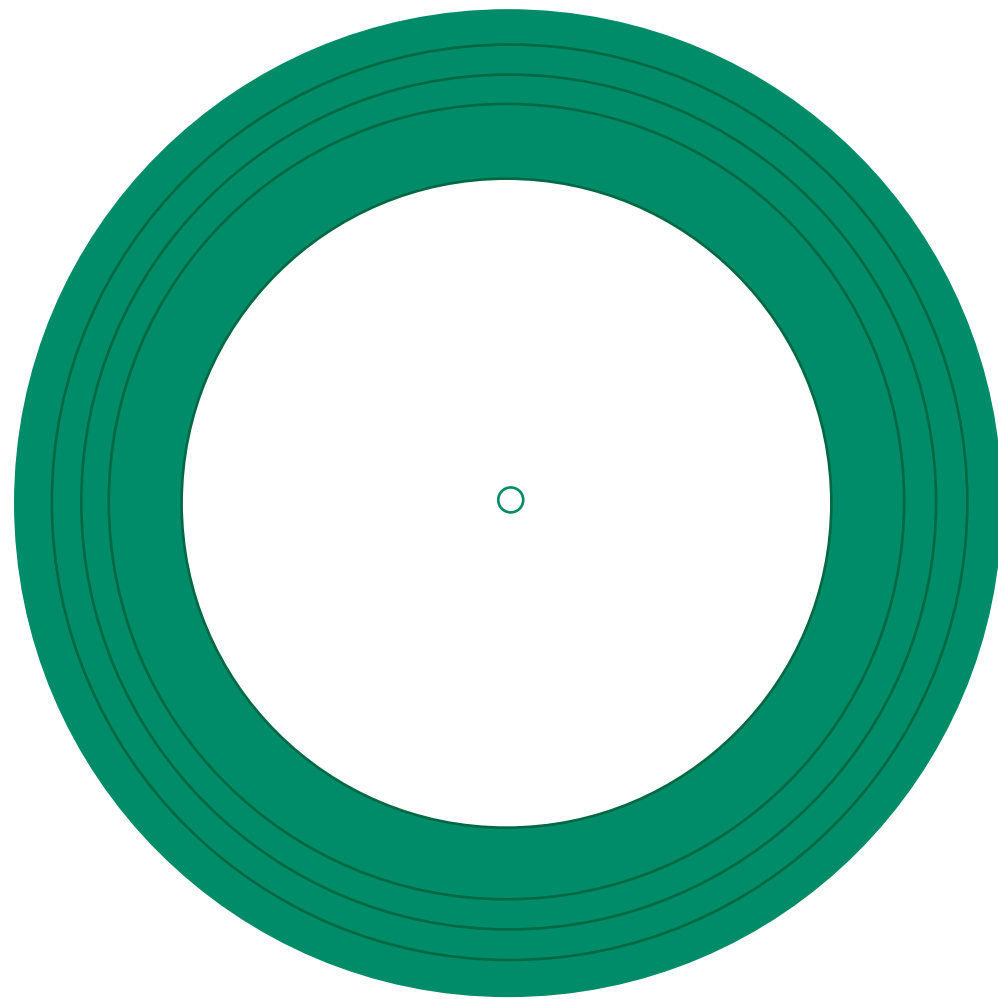
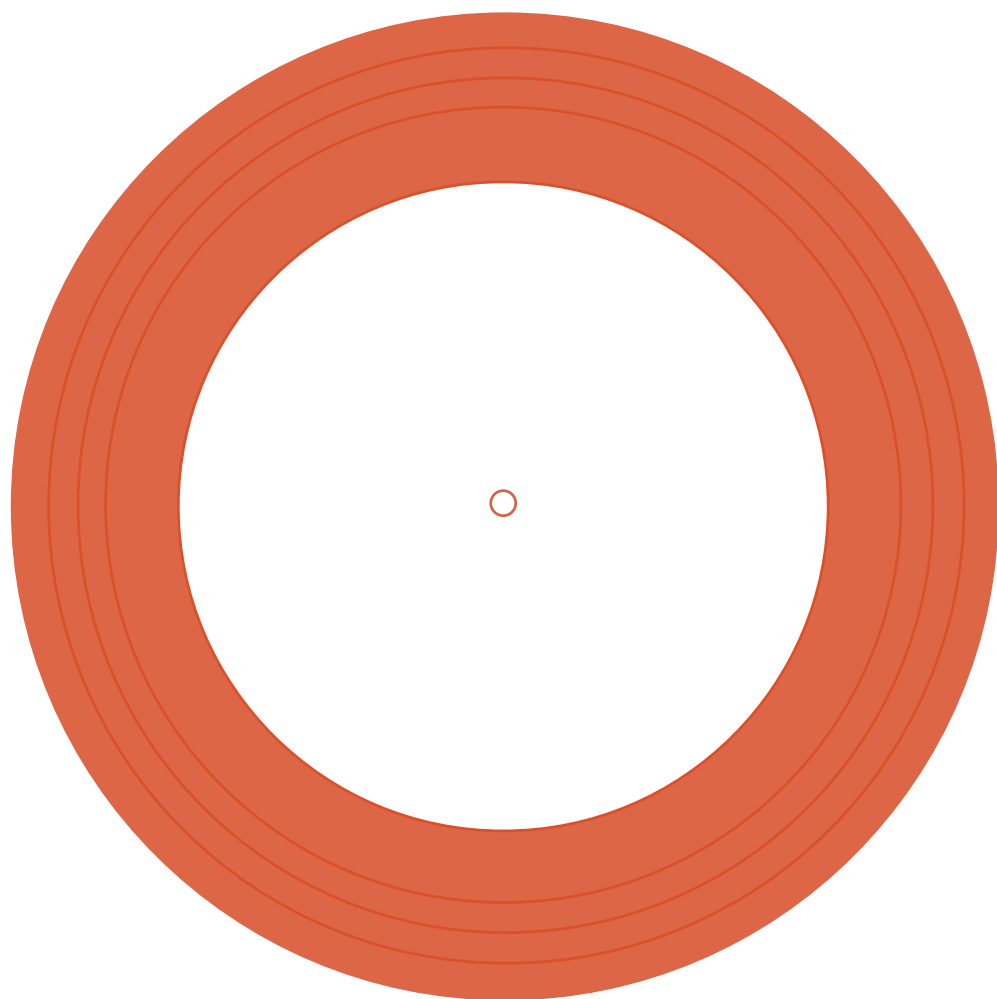
**Talk to Friends
and Family**

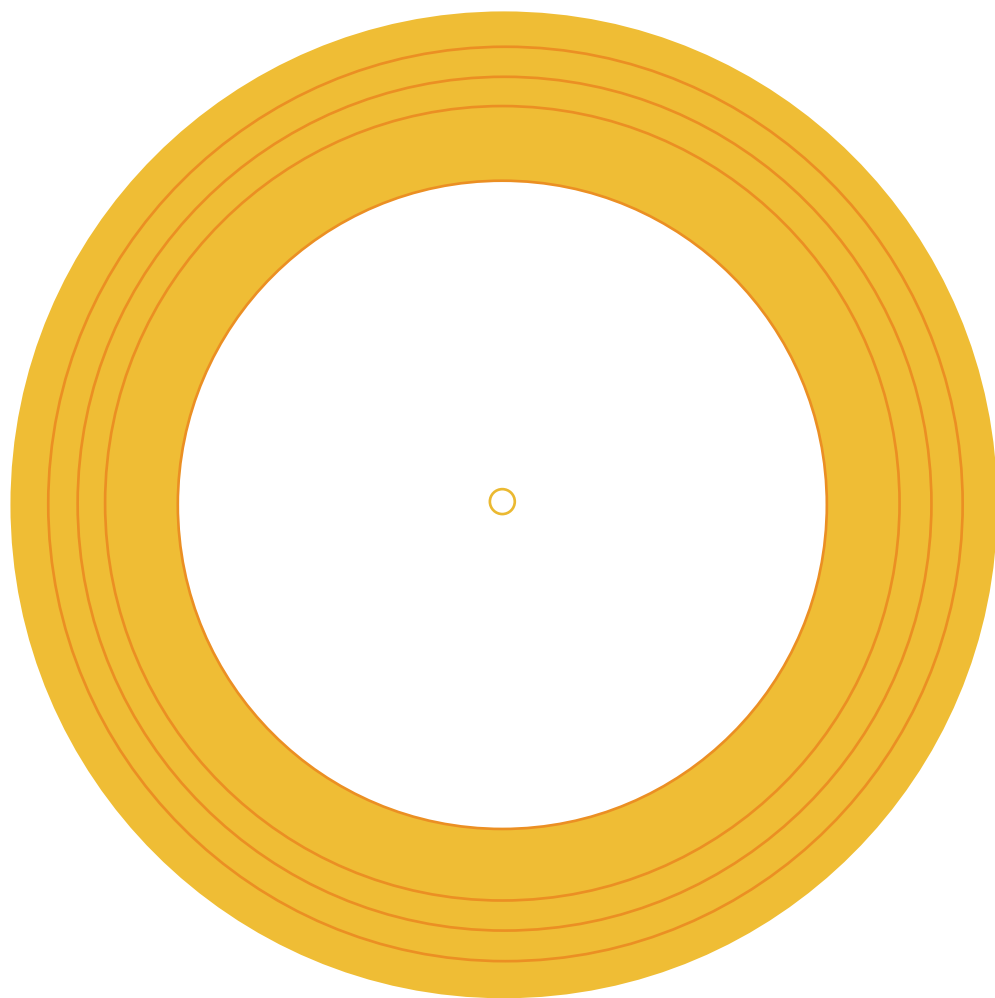
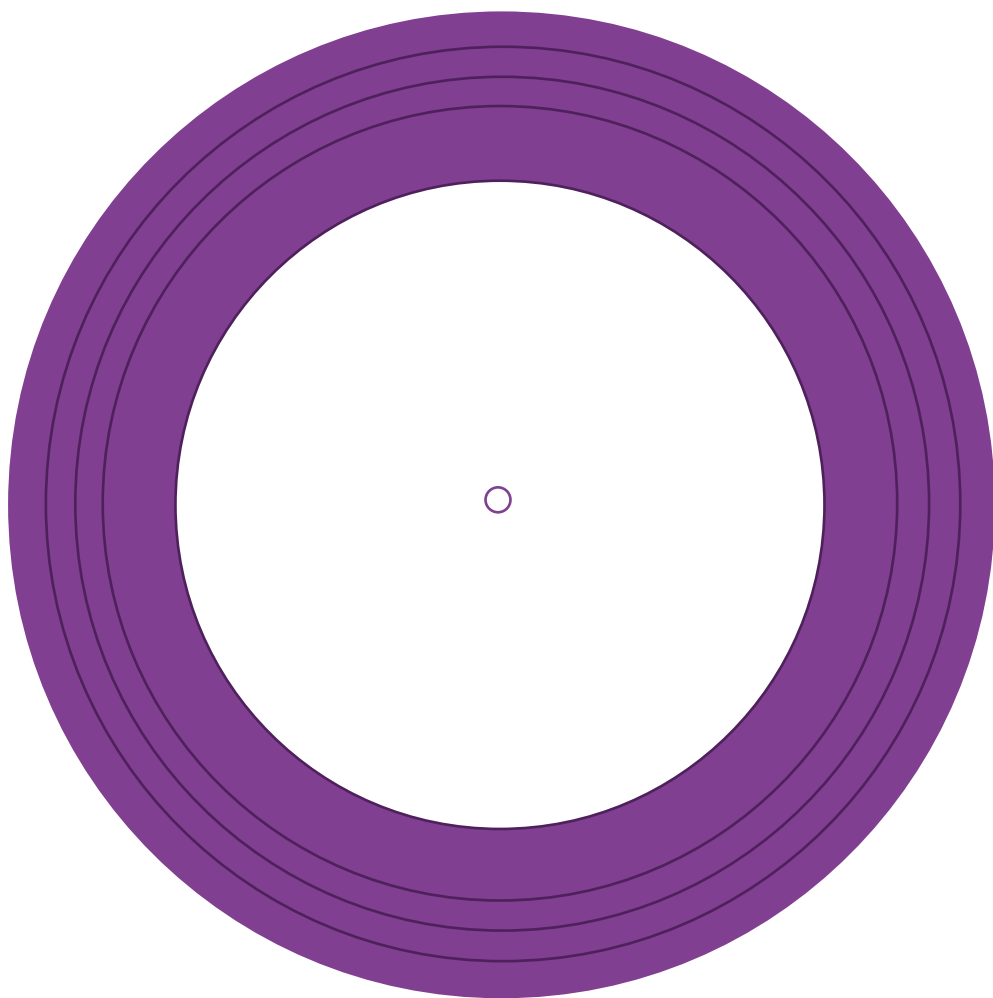


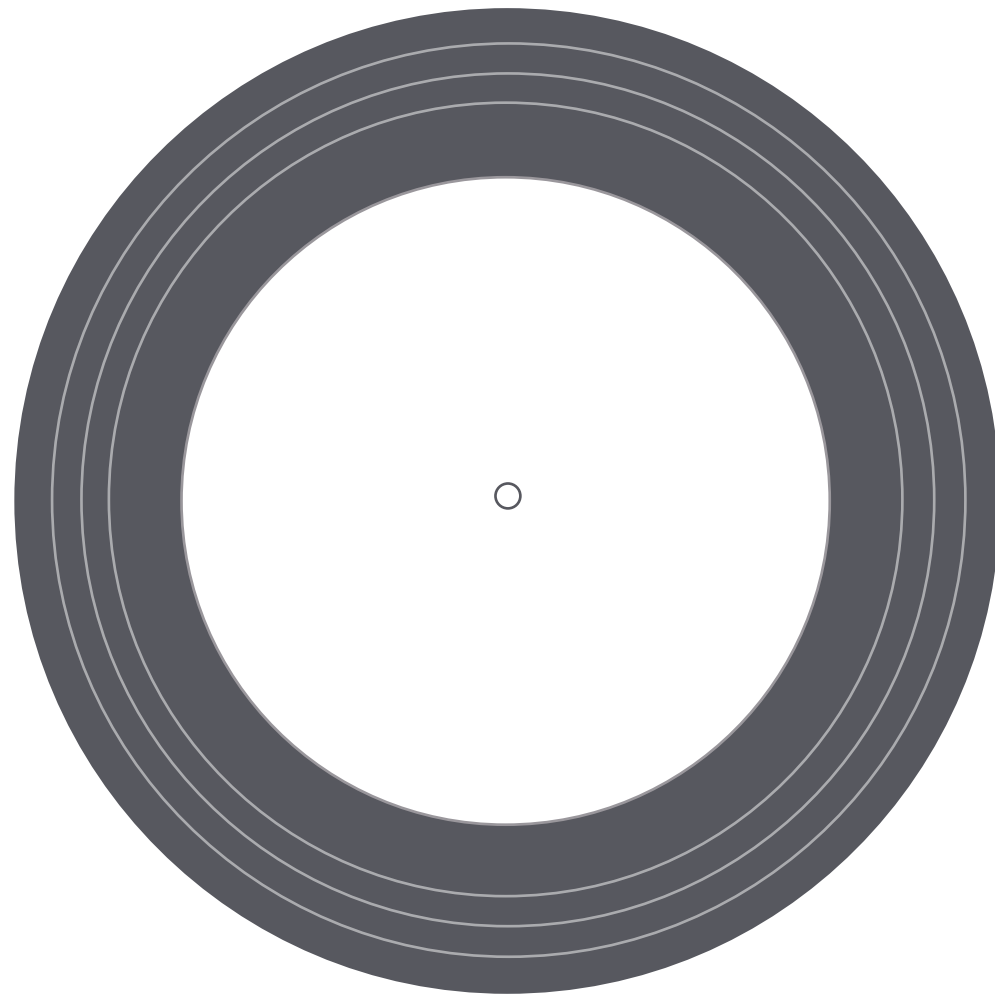
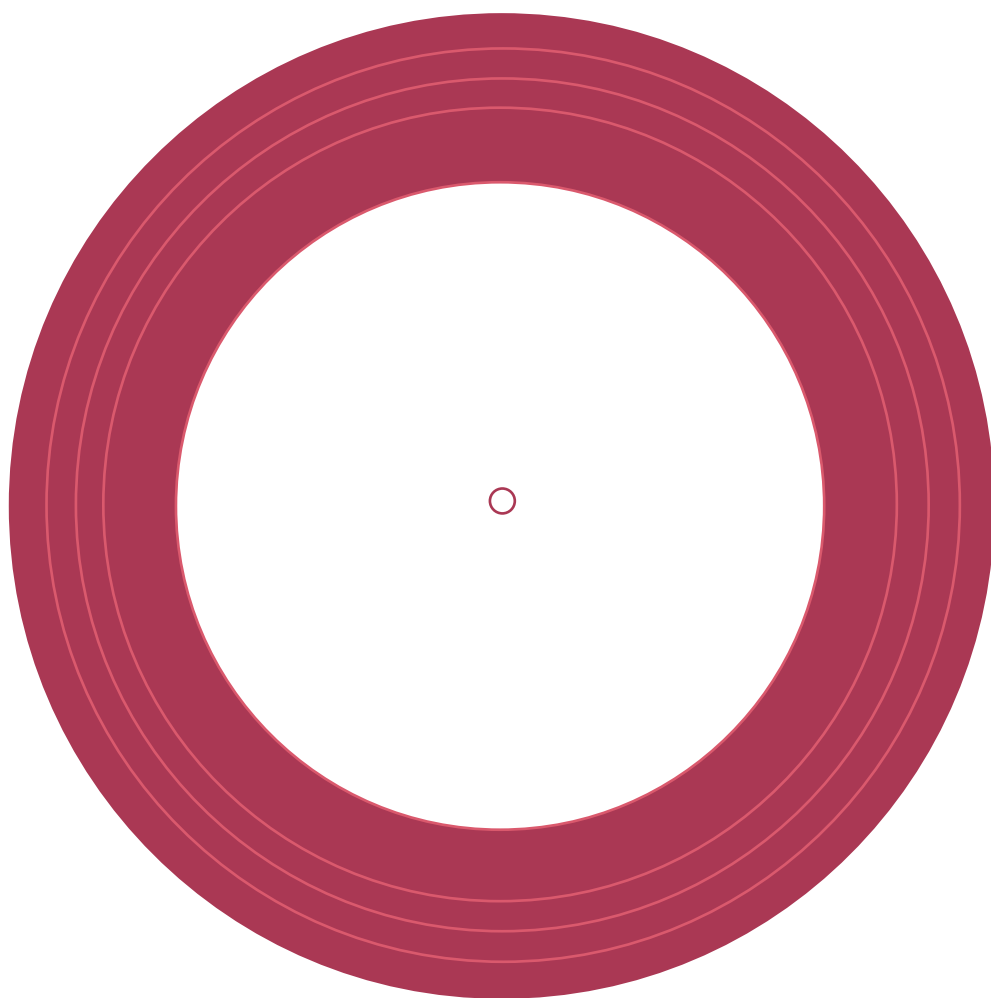
Exercise

Use the blank records to add your own benefits.









For more information or to file a grievance, please contact:
Qsource ESRD Networks | 3725 Champion Hills Dr., Ste 3100 | Memphis, TN 38125
Network 16: Toll-Free: 800-456-6919
Network 17: Toll-Free: 800-444-9965