

“ Do you have a minute? I need someone to talk to. ”

Let's talk about mental health.

When it comes to mental health, caring conversations make a difference. A simple talk or call is a great start. It lets someone know how you're feeling.

Starting conversations in a safe way leads to early support and help for mental health that reduces needless suffering and saves lives. Shame and embarrassment are barriers to mental wellness as they create fear, pain and injustice that stop us from reaching out for help when we need it.

So let's unite as a community and promise to talk openly and honestly about mental health.

Join **Mission Hospital, St. Joseph Hospital, St. Jude Medical Center** and **Each Mind Matters**, and be part of California's Mental Health Movement right here in Orange County.

Visit [PromiseToTalk.org](https://www.PromiseToTalk.org). Get tips on starting a conversation. See what people are sharing about their own story. And join thousands of our neighbors by making your promise to talk today.



Promise to talk



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