

WE ARE IN THIS TOGETHER

WHAT YOU SAY TO SOMEONE WITH DEPRESSION CAN CHANGE EVERYTHING. #FINDYOURWORDS

LETSTALKCO.ORG



Find Your Words

What you say to someone can change everything.

Mental health matters, and we should talk about it. **FindYourWords.org** has new resources to support mental health and wellness:



Information to help everyone learn how to start conversations, connect to helpful tools and online communities.



How to find support for themselves and the people they care about, including young children and teenagers.



How to build resilience and reduce stress.



Screening tools to inform further conversations about diagnosis and treatment.



And new ways to share inspiring stories, videos, and artwork from the site with others.

Now more than ever, we all need support to stay balanced, build resilience, and feel mentally and emotionally strong — whether it's clinical care, social support, or simply practicing self-care.

Together, we can create a culture of acceptance and support — and help end stigma for good.