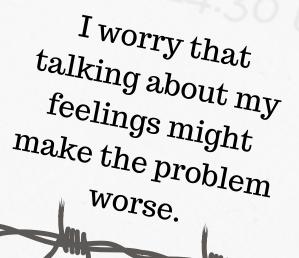


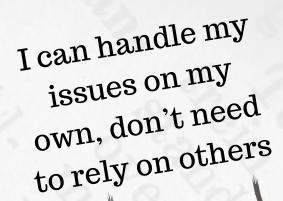
BREAK BARRIERS

TO MENTAL HEALTH



I'm not comfortable opening up about my feelings. If I reach out to professionals it will be a financial burden.

Mental health issues are only problems for wealthy individuals, others can't afford to spend time on it



My friends listen to me, I will talk to them only

If people find out, I am doomed! I don't know what's needed in my case. My religious' beliefs don't allow me to see a therapist

SEEK HELP, NOT SILENCE

I believe that openly discussing my feelings can actually help me find solutions and alleviate the problem.

Seeking support
from others can
help me navigate
my challenges
more effectively
than handling
them alone.

I am allowed to take time to get comfortable to open up about my feelings. Therapy can complement my religious values



I appreciate my friends' support, but I also seek professional help for my mental health when needed.

I can find support and understandig, not doom Mental health issues
affect people from all
walks of life, regardless
of their financial status,
and deserve equal
attention and support.

If I reach out to professionals, it might actually help me manage my finances better in the long run. There are reasonable sources to seek help

I may not have all the answers, but I'm committed to seeking the right support and guidance.