

BREAK BARRIERS

TO MENTAL HEALTH

I worry that talking about my feelings might make the problem worse.

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

I can handle my issues on my own, don't need to rely on others

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.

I am allowed to take time to get comfortable to open up about my feelings.

Therapy can complement my religious values

Mental health issues affect people from all walks of life, regardless of their financial status, and deserve equal attention and support.

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

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

I can find support and understandig, not doom

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

