

# Mental health is a daily practice.

Thank you so much for helping other kids in your community get the help that they need. With your donation, we can ensure that we don't turn anyone away who needs support with their mental health.

Your generosity is very inspiring, and you are making a difference in your community. Thank you so much for choosing to support Carizon on Pink Shirt & Black Brilliance Day.

## 3 Questions To Start a Conversation About Mental Health

- 1) **Ask yourself:** How am I really feeling today?
- 2) **Ask another:** I've noticed you are \_\_\_\_\_.  
How are you feeling?
- 3) **Ask your circle:** Are there feelings we have been ignoring?

### WE ARE HERE FOR YOU

To learn more about Carizon services, please visit [carizon.ca](https://carizon.ca)  
For helpful online resources related to mental health, please visit  
[carizonforthecommunity.ca](https://carizonforthecommunity.ca)