



BeeThe1ToHelpSomeone

Converse-2-Reverse

BeeThe1ToHelpSomeone



C2R

Let's talk about it

LET'S TALK ABOUT IT!

Neighbor-To-Neighbor
Start the Mental Well-Being
Conversation

CONVERSE @HOME
@CHURCH @SCHOOL
@ WORK

CONVERSE 2 REVERSE

Neighborhood-Level Mental Health Awareness Initiative

"C2R" * * * Talk - Talk - Talk * * * "C2R"

Talk about it today! . . . You can start by saying...

" I notice a difference these days...how can I help? "

" I care. I want to help you get better. "

" YOU ARE ONE PERSON IN THE WORLD
BUT TO ONE PERSON YOU ARE THE WORLD."

" I love you. "



Faith Community Resources: BeeThe1ToHelpSomeone.com

CRISIS TEXT LINE

Text HELLO
to 741741

24/7 - Free & Confidential

NATIONAL
SUICIDE
PREVENTION
LIFELINE

LIFELINE
1-800-273-TALK

Talk > @Home @School @Church @Work

NAMI - NATIONAL ALLIANCE ON MENTAL ILLNESS

<https://www.nami.org> #StigmaFree #OK2TALK #TalkAboutIt #SeekHelp

NATIONAL INSTITUTE OF MENTAL HEALTH

<https://www.nimh.nih.gov> Fact Sheet: Signs & Symptoms

SUICIDE PREVENTION RESOURCE CENTER

<https://www.sprc.org>

THE NATIONAL SUICIDE PREVENTION
24/7 LIFELINE

<https://suicidepreventionlifeline.org>

Learn the 5 Steps to help a love one or someone else.



1 in 5 U.S. adults
experience
mental illness



African Americans are 20%
more likely to experience
serious mental health problems
than the general population.

C2R

Resources for Barbers & Beauticians: BeeThe1ToHelpSomeone.com