

What can you say today?



I have bad days, too.
What you're dealing with is real.
I think you're brave.
I hear you.
How are you doing today?
I've got your back if you need a break.
You're not alone.
I'm dealing with _____, myself.
I'm here for you.

Let's change
how we talk about
mental health.

Find support at [BlueCrossNC.com/MyMentalHealth](https://www.bluecrossnc.com/MyMentalHealth).