

# 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://BlueCrossNC.com/MyMentalHealth).