



Mental Health First Aid

Assess

Listen

Give

Encourage - Professional

Encourage - Self-care

Create Resiliency

1. Pause

2. Shift Perspective

3. Get Curious

4. Make a List

5. Be Engage-y

6. Self-forgiveness

"I don't have weekdays in my calendar - only strong days."

~Avery Burton



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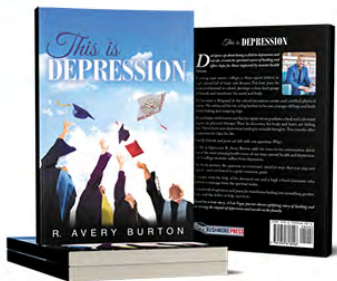
- Community Involvement
- Facilitating Difficult Discussions
- Training Workshops
- Mental Health Awareness
- The ABF Resiliency Project (abfresiliencyproject.org)

 [@keepitrealmntl](https://twitter.com/keepitrealmntl)

 [@keepitrealmental](https://www.instagram.com/keepitrealmental)

averyburtonfoundation.org

abfresiliencyproject.org



#ThisIsDepressionTheBook

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