

STARTING TOUGH CONVERSATIONS:

TALKING WITH A LOVED ONE:

<http://bit.ly/talktolovedone>

TALKING TO AN ADULT FRIEND:

<http://bit.ly/talktoadultfriend>

TALKING ABOUT YOUR OWN

USE: JustTellOne.org

TRAINING RESOURCE:

MentalHealthFirstAid.org



WWW.BFRI.ORG