

ONSLOW MESSAGES OF HOPE

Find what is working
and be kind to yourself.

People care about you,
reach out for help.

Tough times
don't last but
tough people
do.

Maintain a
healthy
workforce.

There is hope
even when
your brain says
there isn't.

Start where you are,
use what you can.
The best way out is
always through;
there is always light.

Embrace the
glorious mess
that you are.

Be happy and do
something for one
less fortunate.

In the end
everything will be
okay.

Ask "Hey, I haven't
heard from you
lately, how are you
going?"

Time with friends and
family is very important,
don't be afraid to make
it a priority.

Stay positive and
take care of
yourself. Don't be
on your own,
people will listen.

You are always
something to
someone, you are
never nothing to
anyone.

It is not weak
to speak.

You're amazing,
don't let others tell
you differently.

There is always
something nice and
beautiful waiting for you.

Life is 10% of what
happens to you and
90% is how you
react to it.

Always ask if
people are
okay!

Treat people
how you would
like to be
treated.

Mental health is
so important.

Be patient
with yourself.

If you need to talk, find
someone, if you can't find
someone keep looking. They
will be there.

RUOK?

**A conversation can
change a life.**



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in events** in your
community!

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It doesn't get easier you just get stronger.

Take wishing and hoping out of your vocabulary, commit to yourself and your dreams, take action.

Everything looks better in the morning.

It will be okay you just have to have faith in that.

May the sun shine brightly.

Kindness is the key!

There is hope even when your brain says there isn't.

Listen to your heart.

You are not defined by your past. Look forward to future gifts.

Time with friends and family is very important, don't be afraid to make it a priority.

Be super, be safe.

The best view comes after the hardest climb.

Keep watering yourself, you are growing.

You are smarter/stronger and braver than you think.

Empathy will change the world.

Embrace stillness.

You never know what tomorrow will bring, don't lose hope.

Healing takes time and asking for help is a courageous step.

Smiling is contagious.

A smile can make someone's day.

It's okay not to be okay.

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