



WE NEED TO TALK.

EVERYTHING STARTS WITH A CONVERSATION!

On behalf of everyone, CONGRATULATIONS! You've navigated your way through an unprecedented number of events in your life during the Covid-19 Pandemic. You've stayed on track. You've trusted your instincts. You've stayed true to you about what really matters.

But here's the problem. Even though there's so much more attention and awareness today regarding the importance of daily positive mental health, people still continue to be uncomfortable and uneasy starting a conversation about mental health. Wouldn't you agree?

So, here's how I see it. People actually believe that day in and day out, they need to have their act together. They need to show the world that they are as confident on the inside as they look on the outside. Flaws and all, many times people believe that they need to fake it. And this troubles me.

As an avid Mental Health Champion, my friends and the people that I do business with

have come to know me as someone who is very comfortable starting a conversation about my own personal story of living with and managing depression and anxiety.

What's my bigger goal? To be a role model for men everywhere who really need to get comfortable with starting their conversations about their daily mental health and get the help and support they need.

I firmly believe that the simple act of starting a conversation about you own mental health is a clear demonstration that YOU CARE about YOU!! And YOU ALSO CARE about the mental health of other people in different parts of your life.

In fact, life has taught me that when we show that we care, the likelihood of moving others and ourselves to a much better place, a much happier place, increases! And that? That? That's Mental Health Optimisim!!

Did you know that according to recent research, when you go to a place of showing that YOU CARE, it's just good for your overall mental health, mental well being and mental wellness?

Did you also know that according to a recent survey I conducted, when I asked people "Why Care?", most of the responses that folks gave me went something like this. "Why Care? Life isn't always straight forward but I can help un-complicate complicated matters by showing that I CARE. It's just the right thing to do."

So, where am I going with all of this. First, I want to say how honoured I am to have been approached by the wonderful folks who produce this publication to write an article for this particular issue. After a number of emails going back and forth, some details were provided and now, here I am contributing my perspectives on a subject matter, mental health and mental illness, something that I do understand.

It didn't take me a long time to say to myself, "Sure! I can be a Mental Health Champion for all the youth that read this publication."

My best advice? EVERYTHING STARTS WITH A CONVERSATION.



Open space for a much needed dose of happy & good energy. Conversations frees the soul from sadness, stress, anxiety. Conversations shifts our perspective and opens our minds. This simple act of starting a conversation is a clear demonstration that "YOU CARE".

And never ever forget that YOU MATTER. Positive mental health matters. Be someone who "Get's It"! Be someone who starts the conversation.

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