An Interactive Video for Supporting Your Friends with A.S.K.

Children and Youth Resources · https://bridges4mentalhealth.org/hub/children-and-youth-resources/an-interactive-video-for-supporting-your-friends-with-a-s-k/

This video is rooted in the reality that we all have mental health and need to take care of it like we do our physical health. The initiative aims to normalize conversation, create a connection to resources and inspire action on mental health.

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Source: Active Minds