

# What can **you** say today?

Let's change  
**how we talk about**  
mental health.

Get more tips and find support  
at [bcbsm.com/mentalhealth](http://bcbsm.com/mentalhealth).



- I have bad days, too.
- What you're dealing with is real.
- I think you're brave.
- I hear you.
- How are you doing today?
- I've got your back if you need a break.
- You're not alone.
- I'm dealing with \_\_\_\_\_, myself.

I'm *here* for you.

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