



Hi there!

We're looking for quick stories and anecdotes that speak to the power of taking care of your mental health and breaking down the stigma around seeking services.

Your story doesn't need to be long! Just a few short sentences can have a lot of power.

You're welcome to share your first name or provide the story anonymously. If your story is selected for use in our social media campaign, we will get in touch via email beforehand to discuss its usage with you.

Thank you so much for inspiring others!

Name:

Email:

Phone Number:

What has helped you manage your mental health now or in the past? What would you say to encourage others that seeking services has been a positive experience for you?

Once completed, you can email your response to michelle.duff@rimrocktrails.org.