

# “Let the Grown-Ups Talk”

Allowing for challenging and meaningful dialogue about mental health  
within tertiary education institutions

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See here's a slide so you can't say we didn't do a powerpoint



NU**PSA**



## Take home messages:

- Bring your whole self to your practice
- Learn about mental health and mental illness
- Use the words, have **real** conversations
- Acknowledge the lived experience of our communities by ensuring inclusivity
- Advocate to change systems or structures that place people at risk of developing disorders or that make existing conditions worse

Here's another cat, thanks for coming

