

BC2M MEETING

**JOIN US & HELP END THE STIGMA
AROUND MENTAL HEALTH!**

bring
change
to mind

TIME:

DATE:

LOCATION:

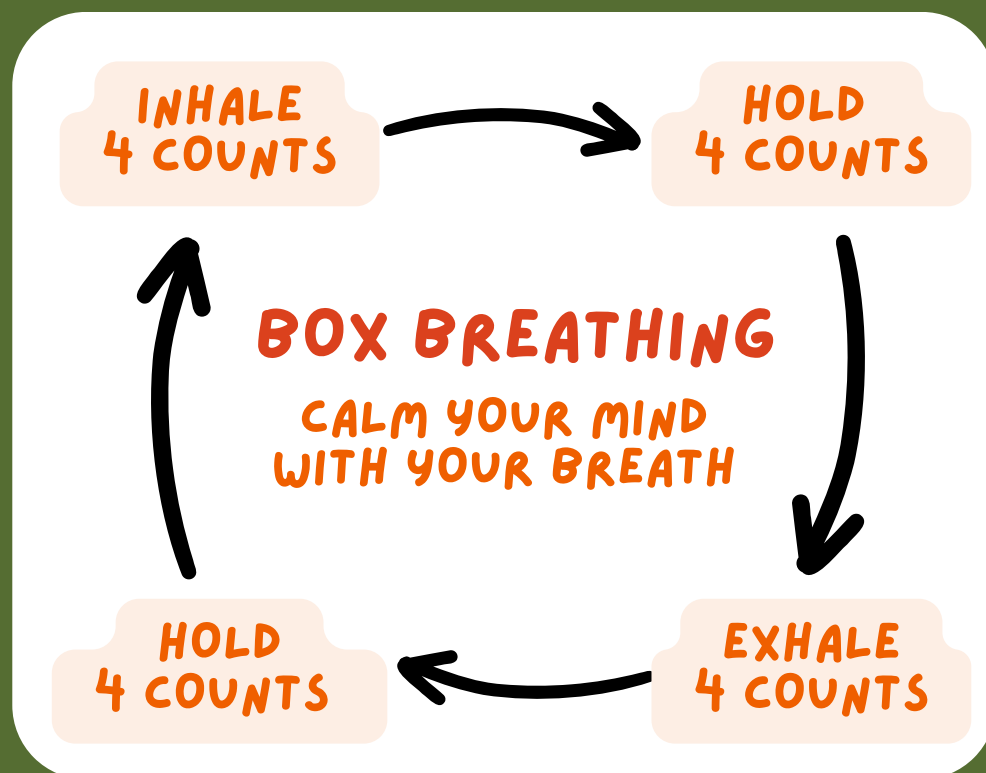
MEETING INFORMATION:



CONTACT US:

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FEELING ANXIOUS? BREATHE WITH US!



To find more cool tips like this
JOIN your school's
BC2M Club today!

WANT TO LEARN HOW TO GROUND YOURSELF?

Try this technique with us!

- 5 Name 5 Things You Can See
- 4 Name 4 Things You Can Touch
- 3 Name 3 Things You Can Hear
- 2 Name 2 Things You Can Smell
- 1 Name 1 Thing You Can Taste

Feeling calmer? To learn more about
mental health, JOIN your school's BC2M
club TODAY!

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Feeling a lil blue

but don't know



what to do?

**JOIN your school's
BC2M club
TODAY!**

**We're changing what people
think about mental illness and
advocating for mental health
awareness because IT
MATTERS.**

Have questions? Want to join? Please visit
bringchange2mind.org to learn more about our
high school club program.



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BC2M HIGH SCHOOL PROGRAM

WHY SHOULD I JOIN BC2M

Club Resources:

- A \$500 club grant
- Free Subscription to the Headspace App
- Lots of Leadership opportunities
- And a great set of friends and mentors

It's time to start talking about your mental health! Come learn about Bring Change to Mind and how you can get involved in working to end the stigma and discrimination surrounding mental health!

For more information on BC2M, please visit www.bringchange2mind.org



**JOIN YOUR SCHOOL'S BC2M CLUB
TODAY!**

bring
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JOIN BC2M!

and fight the stigma against Mental Health



SCAN ME

Take a tab to find out more
about Bring Change 2 Mind

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SO WHO ARE WE?

Bring Change to Mind (BC2M) is a national non-profit organization with the mission of ending the stigma and discrimination surrounding mental health and mental illness.

AND WHAT DO WE DO?

The BC2M High School Program is a student-led club initiative that encourages teens to learn and explore mental health topics in a safe and supportive environment. As students like You engage and talk about mental health, our tools and resources help normalize the conversation and eliminate stigma within our communities.

FOR MORE INFO, VISIT OUR WEBSITE AT

bringchange2mind.org

bring
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BRING CHANGE TO MIND



**JOIN NOW!
JOIN NOW!**



SCAN TO FIND OUT MORE!

**IF YOU'VE READ THIS FAR, WHAT ARE
YOU WAITING FOR?**

bring
change
to mind

