



# Creating Community Solutions

Part of the National Dialogue on Mental Health

## Text, Talk, Act

Gather your friends and join us at Tennessee Voices for Children to participate in the national dialogue about the importance of mental health – and how to help a friend in need. A small act of kindness can make a big difference.



### Children's Mental Health Awareness Day

Text, Talk, Act Night

Thursday, May 5<sup>th</sup>

5:00 pm – 6:30 pm

**Tennessee Voices for Children**

701 Bradford Avenue

Nashville, TN 37204

**\*\* Food will be provided! \*\***

### IT'S EASY

**1**



Gather 3-4 people and text "start" to 89800.

**2**



Talk with your group using the text-enabled questions.

**3**



Be part of the change!

Help us win \$\$\$ for our school or community organization.  
Enter contest code **5010TTA** when prompted.

For more info, contact Will Voss at [wvoss@tnvoices.org](mailto:wvoss@tnvoices.org) or 615.269.7751 ext. 110



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