

Guardian Angel Wellness

Angela K. Patterson-Tetuan, MSN, APRN, PMHNP-BC
Psychiatric Mental Health Nurse Practitioner
Mental Health Advocacy & Education

Key Talking Points for Outreach

When speaking with individuals, organizations, or community leaders, these core messages help keep conversations clear, compassionate, and aligned with the heart of Guardian Angel Wellness.

1. Mental health is a human issue — not a character flaw.

Everyone struggles. Everyone deserves dignity, support, and understanding.

2. No one should ever feel alone.

GAW exists to remind people that connection changes outcomes — and isolation intensifies suffering.

3. Stigma is the real barrier to treatment.

People don't avoid help because they're "unwilling." They avoid it because they fear judgment, dismissal, or humiliation.

4. Language matters.

How we talk about mental health can either reinforce shame or open doors to healing.

5. Change starts with community, not politics.

Policy shifts happen after public voices unite — grassroots voices matter.

6. Support doesn't require special training.

Listening, compassion, and zero-judgment presence make the biggest impact.

7. Our pledge empowers people to stand together.

It offers a simple, meaningful way for community members to take action, speak up, and fight stigma collectively.

8. Every conversation plants a seed of hope.

Whether talking to one person or a room full of leaders, outreach is about reminding people of their worth and their power.