



# ACCENTURE AND GLOBAL SHAPERS ON MENTAL HEALTH

## Video Transcript

### Ellyn Shook:

So you have a very broad view of what's going on around the globe, not just because you're leading this from a shaper perspective, but the shapers are at the forefront of their communities, really bringing these ideas to the fore. And so what is the best advice you might have for all of the people watching us today, that you could give based on all of your knowledge from all over the world?

### Fatima Azzahra El Azzouzi:

Yeah, I think it's a simple idea that we all need to learn how to be good friends, basically. And you do that by getting trained in empathic listening. And this can be delivered in the public sector by your workplace. You can reach out to NGOs or organizations in your local community that offer that. You can find online resources to do it. It's not complicated. Anyone can learn that. I think we need to take the time to learn that and practice and be open with each other.