

“Getting loud means speaking up to stop the discrimination and the stigma that often go hand in hand with mental illness. It means using your voice to raise awareness and build support.

For someone at home. For someone at work. For yourself.”

CMHA'S 65TH ANNUAL MENTAL HEALTH WEEK MAY 2-8, 2016

#GETLOUD

GET LOUD to maintain positive mental health.
GET LOUD to get it back.

Visit
MentalHealthWeek.ca to
GET LOUD
for mental
health

We all want to be healthy and happy. No one can be truly healthy without positive mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the normal stresses of life and making a contribution to our community. Ask for help or seek advice from a professional—give your mental health the attention it needs and deserves.

Your path to mental well-being

Positive mental health isn't about avoiding problems or trying to achieve a "perfect" life. It's about living well and having the tools to cope with difficult situations even during life's challenges.

Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents and our own supports. But positive mental health is within everyone's reach.

Staying mentally healthy is like staying physically fit—it requires effort.

But the rewards are worth it! Everyone has to face stresses and demands, but we all need and deserve breaks. Daily physical exercise, for instance, not only makes you stronger and more fit, but it also improves your mood and your sense of well-being.

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Mental health for all

Taking charge of your mental well-being

SEEK THE HELP OF A PROFESSIONAL

- If you have a mental health concern, speak with your doctor
- If you need direction in your work life, speak to a career counsellor or human resources expert and make a career plan
- To repair relationships with loved ones and friends, talk to an expert and work through any issues
- For financial challenges, contact a financial planner or debt advisor

POSITIVE MENTAL HEALTH TIPS

- Talk to your doctor if you are experiencing problems with your mental health
- Contact your local CMHA branch at cmha.ca
- Check with your employer: many Employee Assistance Plans (EAPs) and benefit plans will provide access to counselling services
- Reach out to people you trust: personal connections are some of the most powerful healing tools for combatting depression
- Live well: a healthy lifestyle can boost your mood

RESOURCES

While family and friends are important supports, here are other sources of information and inspiration that can help:

- Websites of reputable mental health organizations such as CMHA (cmha.ca), the Mental Health Commission of Canada (mentalhealthcommission.ca) and the Canadian Alliance on Mental Illness and Mental Health (camimh.ca)
- Books about specific mental health problems
- Audio and video resources
- Courses and workshops offered through community centres, schools and universities
- Seek out people you admire for their ability to find balance

How CMHA can help

Every year, CMHA's remarkable cross-Canada team of more than 10,000 staff and volunteers provides more than half a million Canadians with vital services and support.

Contact your local CMHA, or other community mental health organization, to learn more about support and resources in your area.

For more information on mental health programs and services in your community or to donate to CMHA, visit our websites: cmha.ca and mentalhealthweek.ca.

Mental Health Week is a

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

initiative



Canadian Mental Health Association
Mental health for all

Founded in 1918, the Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support their recovery from mental illness.