



#GetLoud

about what **MENTAL HEALTH** really is.

CMHA Mental Health Week Key Messages

The Canadian Mental Health Association's annual Mental Health Week is May 6-12, 2019

- Each May, Canadians in communities, schools, workplaces and the House of Commons rally around CMHA Mental Health Week.
- 2019 marks the 68th annual CMHA Mental Health Week.

Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well.

- One in five Canadians lives with mental health problems, mental illnesses or addiction. But the reality is, five in five of us have mental health, just like we all have physical health.
- We can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

Let's #GetLoud about what mental health really is

- It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life.
- It's never too early or too late to start promoting mental health.
- Mental health promotion helps us get out in front of mental illness.
- But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

Get involved

- Visit www.mentalhealthweek.ca for info and tools about CMHA Mental Health Week.
- This year, we're helping teachers start early by offering a School Toolkit.
- This Mental Health Week, we will also be unveiling a new policy paper to help Canada get out in front of mental illness the other 51 weeks of the year.