

To GET LOUD means speaking up for those around you – and for yourself. It means speaking out against the discrimination and stigma directed at people with mental illnesses. It means using your voice to raise awareness and build support.

66TH ANNUAL CMHA MENTAL HEALTH WEEK MAY 1-7, 2017

# #GETLOUD

**GET LOUD** to promote mental health.  
The louder we get, the bigger the change we will make.

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

Visit  
[MentalHealthWeek.ca](http://MentalHealthWeek.ca) to  
**GET LOUD**  
for mental  
health

## Your path to mental well-being

Being mentally healthy isn't about avoiding problems or trying to achieve a "perfect" or "normal" life. It's about living well and having the tools to cope with difficult situations and life's many 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 good mental health is within everyone's reach.

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

But the rewards are worth it! Everyone faces stresses and demands in their life, but we all need and deserve breaks from them. Daily physical exercise, for instance, not only makes you stronger and more fit, but it can also improve your mood and your sense of well-being.

Sponsors:



Canadian Mental  
Health Association  
*Mental health for all*

Remedy'sRx.



Guardian

Pearson

# Taking charge of your mental well-being

- If you have a mental health concern, speak with your doctor and ask for a referral to a specialist if needed
- If you need support in your work life, speak to a career counsellor or human resources expert
- To repair relationships with loved ones and friends, enlist help from someone with a specific expertise in relationship issues
- For financial challenges, contact a financial planner or debt advisor
- If you are looking for help navigating the mental health system, you might want to speak to someone who has had their own experience, or to a qualified system navigator or case manager
- Additionally, other people with lived experience of mental health problems may be able to provide invaluable support and advice. Just remember that everyone's path to recovery is unique, and what was right for one person may or may not be right for you

## 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](http://cmha.ca)
- Check with your employer, or your benefit provider: your Employee Assistance Plans (EAP) or benefits may provide counselling services
- Reach out to people you trust: personal connections are some of the most powerful healing tools
- Live well: a healthy lifestyle can boost your mood

## RESOURCES

Here are other sources of information and inspiration that can help:

- Websites of reputable mental health organizations such as CMHA ([cmha.ca](http://cmha.ca)), the Mental Health Commission of Canada ([mentalhealthcommission.ca](http://mentalhealthcommission.ca)) and the Canadian Alliance on Mental Illness and Mental Health ([camimh.ca](http://camimh.ca))
- Books and apps about specific mental health problems and coping strategies
- Audio and video resources
- Courses and workshops offered through community centres, schools and universities such as Bounce Back, Mental Health First Aid, Living Life to the Full, and ASIST
- 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](http://cmha.ca) and [mentalhealthweek.ca](http://mentalhealthweek.ca).*



**Canadian Mental Health Association**  
*Mental health for all*

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in hundreds of neighbourhoods across every province, CMHA provides advocacy and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.