

MENTAL HEALTH MONTH

GET INVOLVED IN MENTAL HEALTH MONTH



WHY

WHY NOT?

Mental Health affects everyone....you, your parents, your children, your neighbour, your friend.

Mental Health affects everyone.

We need to get involved. We need to be a part of the movement to break the silence and stigma.



HOW

5 IDEAS HOW YOU CAN TAKE PART IN MENTAL HEALTH MONTH

1. Create a fundraiser event or activity at your workplace.
2. Invite a speaker to present at your work or community centre.
3. Create a bulletin board filled with motivational and supportive quotes and stories.
4. Sign up for a volunteer opportunity and help at your local Mental Health agency.
5. Collect resources and create a Resource Centre. Share this with your co-workers and friends.



WAIT

Not only will you feel great helping your friends and family, you might learn something about yourself.

What does Mental Health mean to you?

How can you stay involved and part of the Mental Health movement?

This Mental Health Month could be the beginning of a life-changing tradition for you.

Start planning today!

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