

MENTAL HEALTH MONTH

SHARING RESOURCES DURING MENTAL HEALTH MONTH



WHAT

Sometimes Mental Health becomes so silent it is hard to know about the multiple services available to you.

Why not make Mental Health Month your time to share the services and support you have learned about or used in the last year? Have you heard a great speaker at work? Share that – let others know! Did you read a fantastic book on motivation or anxiety? Share that too!

If you really want to join the movement on stopping the silence, share your experiences if you have reached out to a counsellor for depression. Together we can break the silence by sharing stories and supporting each other.



HOW

HERE ARE 5 WAYS TO SHARE YOUR RESOURCES

- Post a resource every Monday.
- Build a resource list and share it with friends and family.
- Post a list of local resources on your work bulletin board.
- Reach out to a friend who could use support and share your story.
- Carry a couple of resource cards around – one for you and one for someone else.



CHALLENGE

You might think this concept of sharing resources is a great idea – but where to start?

Start with your local Canadian Mental Health Association (CMHA). From there you can search several resources such as the Mental Health Commission and Partners for Mental Health. All of these organizations have multiple resources available on a variety of topics.

For further ideas, please visit www.stressedoutsolutions.com



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