

MENTAL HEALTH MONTH

LET'S CELEBRATE MENTAL HEALTH MONTH TOGETHER



WHY

WHY SHOULD YOU CARE ABOUT MENTAL HEALTH MONTH?

Mental Health Month is an opportunity to celebrate mental health and support others who are coping with a mental illness everyday.

The slogan, **“you are not alone”** is being shared worldwide! Mental Health and Illness is a universal challenge that unless we keep speaking out, sharing and supporting, this illness will remain silent.

Why Mental Health Month? Because it is time we are reminded that 1 in 5 Canadians are affected by mental illness. Mental Health is everyone's business. You are NOT alone.



WHAT

MENTAL HEALTH MONTH - MAY

You are not alone... There are other individuals in your community that are trying to figure out their best journey with illness. There are those that are learning and researching more about illness in order to find new treatments and supports. And there are those that are advocating everyday for their friends and family coping with illness.

Mental Health Month opens up creative and innovative ideas and events to begin the conversation in all types of environments. Try to attend a fundraising event in your downtown core, or a workplace health fair or perhaps a Mental Health talk held at your community.

Check out Mental Health month.



WAIT

You are not alone....think of sharing your story so that others don't have to feel alone.

You can do this by writing a blog or delivering a YouTube video.

Share your story! Stories are powerful and can help others feel supported.



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