

# MENTAL HEALTH

ASK FOR HELP

When we think about our overall health and wellness, it's easy to think that perhaps we need to rethink our food choices, try to get enough sleep, and participate in more exercise. But we often forget about our mental wellness.

Just like our physical health, sometimes we are doing well with our mental health, and other times we could use some help. Learning how to enhance and protect your mental wellness now can help you face challenges both in the present and down the road. Whether it's the stress of a tough decision, or the loss of a loved one, it is important to be open to asking for help.



## You should never have to face difficulties alone.

Part of your own preventative approach to mental wellness can be the building of a support team. A support team can include personal, professional, and community supports.



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## The Canadian Mental Health Association suggests the following ways to get started:

- Talk with supportive friends and family. Share your feelings with them and let them be part of your team.
- Talk to your family doctor. They are a great resource and can link you to other professionals, if needed.
- Connect with community mental health clinics or organizations like the Canadian Mental Health Association (CMHA - 416-646-5557) for information, support, and services.
- Call a helpline such as ConnexOntario (1-866-531-2600) who can connect you to Mental Health Services across Ontario. Some organizations also offer support online or through text messaging.
- Educate yourself on mental wellness strategies. You can find useful books, websites, and other resources through your provincial or territorial government and community agencies.
- If you know of someone who has experienced challenges, talk to them about it. Learning from the personal experiences of others can help us to feel less alone.
- Attend workshops and education sessions hosted at community centres, agencies, schools, colleges or universities.
- Talk with a member or leader you trust from your faith or cultural group.

It's always ok to contact a professional such as your family doctor, a psychiatrist, psychologist, social worker,..etc. A trained professional can help you to assess your needs and direct you to the most effective course of action.