

TAKING STEPS TO STOP THE SILENCE

DID YOU KNOW THAT 1 OUT OF 5 CANADIANS WILL EXPERIENCE A MENTAL ILLNESS IN THEIR LIFETIME (CMHA)?

Are you up for a challenge?

Join EWSNetwork in Taking Steps to Stop the Silence Campaign.

How many steps can you take this month?

The more steps you take, the more awareness about Mental Health we can share!



**WALK 5000 STEPS
OR WALK FOR 30 MIN**



RETRIEVE A FOOTPRINT



**PLACE ON THE
DESIGNATED WALL**

IT'S THAT SIMPLE!

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