



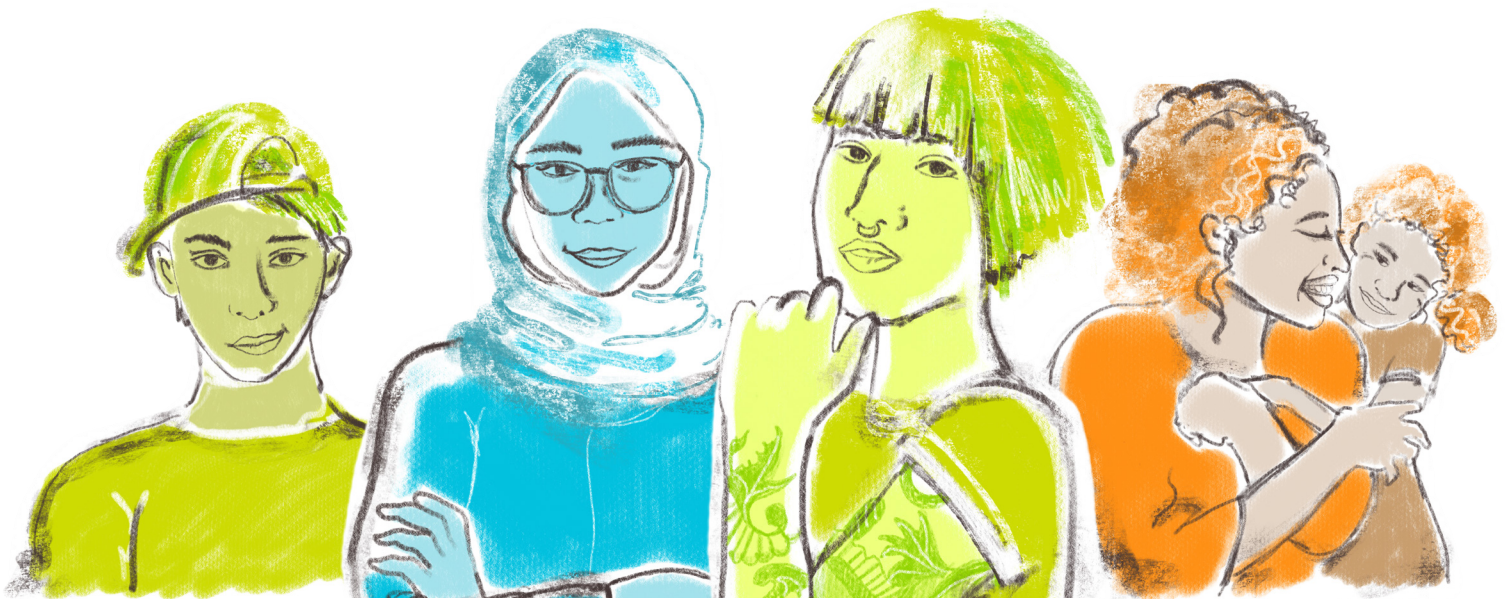
Canadian Mental
Health Association
Mental health for all



years of
community

#GetLoud about

what **MENTAL HEALTH** really is.



Mental health, so what is it really?
You take it everywhere you go.
You take it to school and you take it
home with you. It's your mental health.
It's about how you feel about yourself
and about everyone around you. Do you
feel good? Do you feel bad? Excited,
grumpy or mad? That's your mental health.

CMHA **Mental Health Week**

May 6-12, 2019

Visit mentalhealthweek.ca
for info and tools!

SleepCountry
All for Sleep™



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