



Canadian Mental  
Health Association  
*Mental health for all*



years of  
community

Get ready to #GetLoud about

what **MENTAL HEALTH**  
really is.



**May 6-12, 2019**

**CMHA**

**Mental Health Week**

Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

**SleepCountry**  
All for Sleep™



**CGI**

