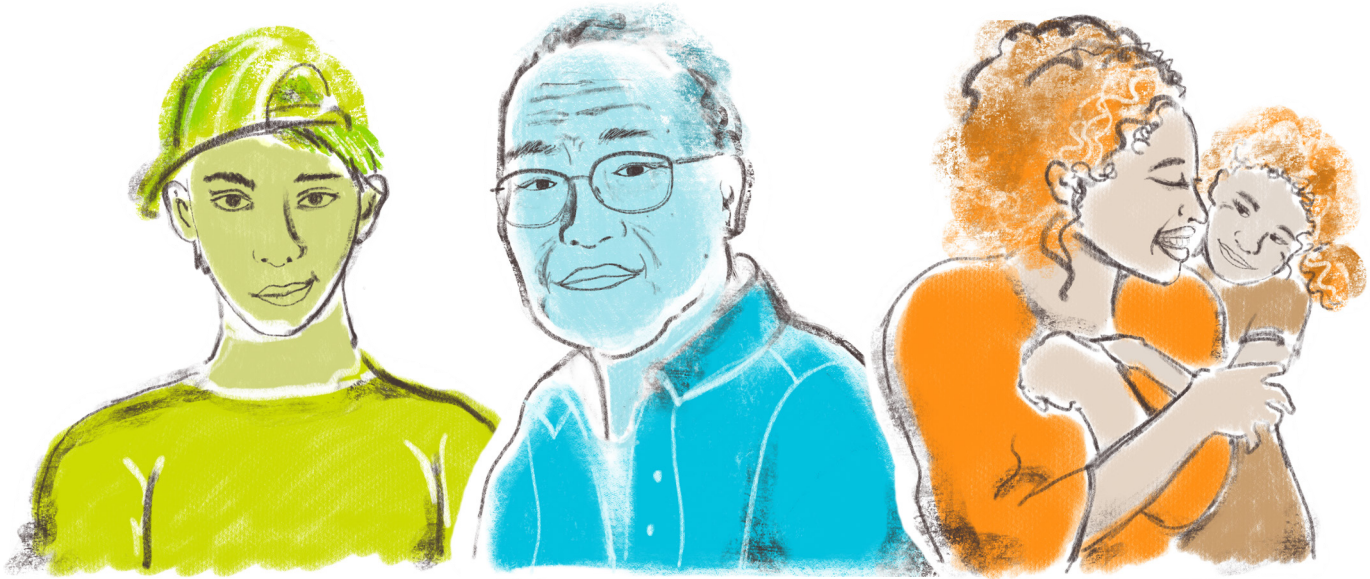


#GetLoud about

what **MENTAL HEALTH** really is.



Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn.

CMHA Mental Health Week

**May 6-12, 2019**

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

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