



Canadian Mental  
Health Association  
*Mental health for all*



years of  
community

# Don't just get loud, **#GetReal**



We say we're fine, even when the truth is we're ecstatic, exhausted, grateful. Or even freaking out. Every time we just go through the motions, we miss out on the chance to connect for real. In times of crisis we need each other more than ever.

**Connecting doesn't just feel good—it's good for our mental health.**

**CMHA**

**Mental Health Week**

# May 4-10, 2020



[mentalhealthweek.ca](https://mentalhealthweek.ca)