

Get ready to get loud and **#GetReal**



CMHA

Mental Health Week

**May 4-10,
2020**

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.**