



Canadian Mental
Health Association
Mental health for all



*years of
community*

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



CMHA

Mental Health Week

**May 4-10,
2020**

We say we're fine, even when the truth is we feel amazing, just ok, scared (or sad or upset or weird or nervous or grateful). Or even freaking out. Why don't we just say how we really feel? Every time we hold back, we miss out on the chance to connect for real. In scary times we need each other more than ever.

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

Visit mentalhealthweek.ca for info and tools!