



How do you really feel:

**fine or  
phine?**

**phine**  
~ definition (adjective)  
Saying you're  
fine when you  
are not.

Now **GET LOUD** because  
being **phine** is not **fine**.

Visit **MENTALHEALTHWEEK.CA** to  
**GET LOUD** in support of mental health

We all want to be healthy and happy. And good mental health is vitally important for both. No one can be truly healthy without good mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the normal stresses of life and making a contribution to our community.

Ask for help or seek the advice of a professional – give your mental health the attention it needs and deserves.



Canadian Mental  
Health Association  
*Mental health for all*

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# YOUR PATH TO MENTAL WELL-BEING

Good mental health isn't about avoiding problems or trying to achieve a "perfect" life. It's about living well and having the tools for coping with difficult situations even during life's challenges.

Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents and our own supports. But good mental health is within everyone's reach.

Staying mentally healthy is like staying physically fit – it requires a little effort every day

But the rewards are worth it! Everyone has to face stresses and demands, but we all need and deserve breaks. Devote a little of each day to improving your mental health. You'll reap the benefits in the same way that daily physical exercise makes you stronger and fitter.

## RESOURCES

While family and friends are important supports, there are other sources of information and inspiration that can help.

- Websites of reputable mental health organizations such as CMHA
- Books about specific mental health problems
- Audio and video resources
- Courses and workshops offered through community centres, schools and universities
- People you admire for their ability to find balance

## CMHA CAN HELP

Every year, our remarkable cross-Canada team of 10,000+ staff and volunteers provide more than half a million Canadians with vital services and support. You or someone you know could be one of them.

- Learn how to take care of your mental health.
- Get the facts about mental illness.
- Find help for yourself or others.

For more information on mental health programs and services in your community or to donate to CMHA, visit our website – [cmha.ca](http://cmha.ca) and [mentalhealthweek.ca](http://mentalhealthweek.ca). Or contact your local CMHA, or other community mental health group, to obtain information on available programs and services close to you.

## SEEK THE HELP OF A PROFESSIONAL

- If you have a mental health concern, speak with your doctor.
- For direction in your work life, speak to a professional career counsellor or human resources expert and make a career plan.
- To repair relationships with loved ones and friends, talk to an expert and work through any issues.
- For financial challenges, contact a financial planner or debt advisor.

**DONATE AT MENTALHEALTHWEEK.CA or  
Text GETLOUD to 20222 to donate to CMHA**

Your gift supports the Canadian Mental Health Association in its mission to advance the mental health of all Canadians and help those with mental illnesses. Now **GET LOUD** for mental health!

**A BE MIND FULL Initiative**