

# phine

~ *definition (adjective)*

Saying you're fine  
when you are not.



#phine

CMHA'S 63<sup>RD</sup> ANNUAL MENTAL HEALTH WEEK

**fine or phine?**

MAY 5-11 TELL US HOW YOU REALLY FEEL

**A BE MIND FULL INITIATIVE**

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Canadian Mental  
Health Association  
*Mental health for all*



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# WHY IS YOUR MENTAL HEALTH SO IMPORTANT?

Mental health is key to our well-being. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and making a contribution to our community.

Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life. It's about living well and feeling capable despite challenges.

Each of our paths to mental well-being will be 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.

## MAINTAINING YOUR MENTAL HEALTH IS A LOT LIKE STAYING PHYSICALLY FIT: IT REQUIRES A LITTLE EFFORT EVERY DAY

But the rewards are great! Mostly, it's about finding balance in your life. Everyone has to face stresses and demands, but we all need and deserve a break sometimes. 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.

For everyday tips for keeping mentally healthy, visit [mentalhealthweek.ca](http://mentalhealthweek.ca).

## MAINTAINING YOUR MENTAL HEALTH SOMETIMES MEANS SEEKING THE HELP OF A PROFESSIONAL

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

## ASKING FOR HELP

While family and friends are important supports, there are other resources out there to help you as well.

Possible sources of information and inspiration include:

- websites of reputable mental health organizations such as CMHA
- books about specific mental health problems
- films, videos and audio tapes
- courses and workshops offered through community centres, schools and universities
- people you admire for their ability to find balance

## HOW CMHA AND OTHER MENTAL HEALTH ORGANIZATIONS CAN HELP

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

CMHA can help. We have a remarkable team of more than 10,000 volunteers and staff across Canada providing vital services and support to well over half a million Canadians every year.

For more information on mental health programs and services in your community or to donate to CMHA, go to CMHA's website at [cmha.ca](http://cmha.ca) and [mentalhealthweek.ca](http://mentalhealthweek.ca). Or contact your local CMHA, or any other community mental health agency/organization, to obtain information on available supports and services close to you.