



## It's CMHA's Mental Health Week! May 2-8, 2016

### *Now #GETLOUD for mental health!*

St. John's, April 29<sup>th</sup> 2106-It's the Canadian Mental Health Association's (CMHA) 65<sup>th</sup> Annual Mental Health Week! CMHA is asking Canadians again this year to #GETLOUD to maintain positive mental health and #GETLOUD to get it back.

CMHA is encouraging Canadians to #GETLOUD by talking more openly and honestly about mental health. This year we're also getting loud by wearing green and illuminating significant landmarks in green in an attempt to bring further awareness to mental health.

"Getting loud means speaking up to stop the discrimination and the stigma that usually go hand in hand with mental illness. It means taking action and using your voice to raise awareness and build support. For someone at work. For someone at home. For yourself," said Dan Goodyear, CEO CMHA-NL "Get loud to maintain positive mental health and get loud to get it back. Because the louder we all get, the bigger difference we will make. And there's a lot of difference to be made."

CMHA introduced Mental Health Week (MHW) in 1951 to raise awareness of mental illness in Canada. Today, MHW offers practical ways to maintain and improve mental health and support recovery from mental illness and addictions.

We are paying special attention this year to the mental health of older Canadians because seniors are a vulnerable and under-treated group. Depression is the most common mental health problem for older adults and men over the age of 80 have the highest suicide rate in Canada.

Across Canada, Mental Health Week events and activities are hosted in hundreds of CMHA community locations from St. John's to Prince George. Activities such as seminars, open houses, film screenings, art shows and walks provide Canadians with information, resources and practical ways to stay mentally and physically healthy all year. To find out how to GET LOUD for mental health, visit [www.mentalhealthweek.ca](http://www.mentalhealthweek.ca).

### Call to Action:

Join us and our community partners in illuminating your home or building in **GREEN!**

Follow us on Facebook and Twitter. **#GETLOUD**

Visit the CMHA website at [cmhanl.ca](http://cmhanl.ca) today and make a **donation!**

Attend an **event!**



**Here is a list of local MHW events and activities:**

**May 2<sup>nd</sup>**

- Lunch and Learn Session with Service Canada, St. John's
- "PTSD Awareness and Response" – An education session for helping professionals. Exploits Community Centre 30 Bartle Pl., Grand Falls-Windsor 9:00–10:30 am
- Anxiety and how to deal with it. Grade Five classes Holy Trinity Elementary Torbay
- Heroes Are Human 2016 Tour, 6:00-8:00pm Bruneau Centre, MUN, St. John's

**May 3<sup>rd</sup>**

- Presentation to Newfoundland and Labrador Construction Safety Association, St. John's
- Mindfulness Awareness Training, \* week Program beginning From May3rd-June 21<sup>st</sup>, Eastern Health Harbour Grace Tailor Building, Harbour Grace. To register please contact [pmarch@easternhealth.ca](mailto:pmarch@easternhealth.ca), [patrickwhalen@easternhealth.ca](mailto:patrickwhalen@easternhealth.ca)
- Anxiety and how to deal with it. Grade Six classes Holy Trinity Elementary Torbay
- Heroes Are Human 2016 Tour, 6:00-8:00pm 9 wing Gander, Gander

**May 4<sup>th</sup>**

- Lunch and Learn Session with NL Housing, St. John's
- Wellness Fair at Nalcor from 10:00 to 2:00, St. John's
- "EVI Gets Loud!" – #GETLOUD informational display and green nail painting booth for students Exploits Valley Intermediate 19 Greenwood Avenue, Grand Falls-Windsor, NL
- Think Twice Presentations full day. St. Michaels school Bell Island
- Heroes Are Human 2016 Tour, 6:00-8:00pm Memorial University Dining Hall, Corner Brook

**May 5<sup>th</sup>**

- Gender, Work and Health Fair at MUN from 10:00 to 12:00, St. John's
- "Anxiety – Not as Scary as You Think" – Seniors Lunch and Learn Exploits Community Centre 30 Bartle Pl., Grand Falls-Windsor 11:00 am–1:30 pm
- The Pottle Centre Open House, 200 Water St 2<sup>nd</sup> Floor, 12:30-3pm. RSVP 753-2143

**May 6<sup>th</sup>**

- Workplace Mental Health Presentation for Mile One Centre staff, St. John's

This year's MHW is generously supported by **Presenting Sponsor:** Dialog Design; **Major Sponsors:** CEDA, The Medicine Shoppe, Salesforce, Home Trust; and **Supporting Sponsors:** Bell Let's Talk, Echo Foundation, Beauty of Giving, Pearson, Tokii Wearable Therapy. **About Canadian Mental Health Association (CMHA)**

Founded in 1918, The Canadian Mental Health Association (CMHA) is a national charity that helps maintain and improve mental health for all Canadians. As the nation-wide leader and champion for mental health, CMHA helps people access the community resources they need to build resilience and support recovery from mental illness.

**For media interviews please contact Dan Goodyear at [dgoodyear@cmhanl.ca](mailto:dgoodyear@cmhanl.ca)**