



**Canadian Mental
Health Association**
Newfoundland and Labrador

**CMHA-NL ANNOUNCES “THE 3RD ANNUAL TICKLE SWIM FOR MENTAL HEALTH”
AWARENESS/FUNDRAISER INITIATIVE**

St. John’s August , 2015-- On August 18th (weather permitting) 17 swimmers will embark upon a 5 km swim across the tickle from Bell Island to Portugal Cove St. Phillips in support of CMHA-NL’s work across this province. The aim of the event is to raise awareness surrounding mental health issues in our province, and the inherent need for all of society to maintain good mental fitness; as we focus on our physical fitness. The 5km swim was conceived by community activist Sheilagh O’Leary who will also be swimming this year.

Please support our swimmers in their efforts by joining us on August 18th to cheer on this amazing group. They will take on this tremendous endeavor to raise funds and awareness for mental health in this province and help dispel the stigma around mental health. Donations in honor of each swimmer can be made by visiting [Canada Helps](#) or by clicking on a swimmer below:

[Barry Yetman](#)
[Shannon Fisher](#)
[Geoff Winsor](#)
[Peter Gregory](#)
[David MacRury](#)
[Andrea Monro](#)
[Linda Cox](#)
[Keith Lewis](#)
[Dean Courage](#)

[Kiley Best](#)
[Don Boyles](#)
[Lesley-Marie Lahey](#)
[Sheilagh O’Leary](#)
[Dayna Hogan](#)
[Jennifer Guy](#)
[Kimberly Davis](#)
[Cristine Leone](#)

To learn more about the *Tickle Swim for Mental Health* please follow us on [Facebook](#).

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Mental health for all
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