



Canadian Mental
Health Association
Newfoundland and Labrador

**CMHA-NL ANNOUNCES “THE 2ND ANNUAL TICKLE SWIM FOR MENTAL HEALTH”
AWARENESS/FUNDRAISER INITIATIVE**

St. John’s August 18th, 2014-- On August 27th (weather permitting) 10 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 5 km swim was conceived and swam last year by community activist Sheilagh O’Leary.

Please support our swimmers in their efforts by joining us on August 27th to cheer on this amazing group as they 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 Giving pages and search Tickle Swim or click on a swimmer below:

[Barry Yetman](#)
[Brendan Walsh](#)
[Chad Richardson](#)
[Elliot Yeo](#)
[Jody Richardson](#)
[Keith Barrett](#)
[Keith Lewis](#)
[Kimberly Davies](#)
[Paul Collett](#)
[Shannon Hawes](#)

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

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Mental health for all
www.cmhanl.ca