

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

HAPPY

AFRAID

SAD

ANGRY

Name it, don't numb it.

#GetReal about how you feel.

Even in times of extreme anxiety and stress, mental health is something we can protect. Not just something we can lose.

This CMHA Mental Health Week, let's focus on naming, expressing and dealing with our emotions – the ones we like and the ones we don't. It's important for our mental health.