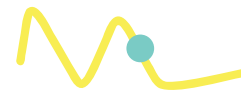


What is Mental Health?

- ◇ Everyone has a mental health.
- ◇ Mental health is as important as physical health.
- ◇ Everyone experiences challenges that affect their mental well-being or that of their loved ones.

Good mental health makes it possible to:

-  be fulfilled
-  overcome the normal difficulties of life
-  contribute to the community



Mental health varies:
it is the result of a balance between the stress individuals experience, their ability to cope, and the resources in their environment.

There is no health without mental health.

1/5 In Canada, 1 person in 5 will experience a mental health challenge or will receive a mental illness diagnosis during their lifetime.

- Mental illnesses are characterized by disturbances in thoughts, emotions, perceptions, and behaviors.
- These changes interfere with daily functioning and can cause distress.

Anyone can go through difficult moments or experience emotions that disrupt daily life, with or without a mental illness diagnosis.

Kindness can improve your mood, your sense of competence and strengthen your relationship with others.

PRACTICE KINDNESS

It's good for mental health