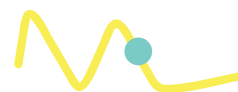


# What is Mental Health?

- ◇ 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*

A campaign realized by



Canadian Mental Health Association  
Montreal Branch

Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal

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