

IT'S MENTAL HEALTH WEEK **#GETLOUD**

Approximately seven million Canadians—20 per cent of us—live with compromised mental health, mental illness or addiction. Too often it's kept hidden because of the associated stigma and discrimination. That needs to stop. Talking is the first step.

During Mental Health Week
we want Canada to **GET LOUD.**

#GETLOUD



DONATE



WRITE YOUR MP



To find out more ways to #GetLoud
visit mentalhealthweek.ca or connect
with your local CMHA branch

CMHA's 66th Annual
Mental Health Week | May 1-7, 2017

Sponsors:



Pearson



Canadian Mental
Health Association
Mental health for all