

MENTAL ILLNESS AWARENESS WEEK

first full week of October



Mental Health Facts:

- Every year, 1 in 5 Canadians experience a mental illness or addiction problem
- Mental illness affects people of all ages, education, income levels and cultures
- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague

Tips on Good Mental Health

Eat Well: Eating well is important for our bodies and our minds. Trying to eat a balanced diet can help with certain mineral deficiencies that can result in low moods.



Get plenty of sleep: Sleep regulates the chemicals in our brain that transmit information.

Healthy sleep tips can be found at: <https://www.sleepfoundation.org/articles/healthy-sleep-tips>

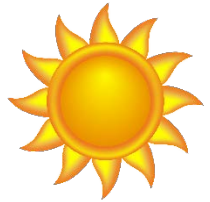


Activity and Exercise: Being active not only gives you a sense of achievement but it boosts the chemicals in your brain that help put you in a good mood.

Manage Stress: Stress is unavoidable but knowing what triggers your stress and knowing how to cope is key to maintaining good mental health.

Do something you enjoy: Make time for doing things you enjoy.

Get plenty of sunlight: Sunlight is a source of vitamin D which helps our brains to release chemicals that improve our mood, like endorphins and serotonin.



Ask for help: Talk to a family member, friend, co-worker, supervisor or use one of the resources below.

Mental Health Free Resources

- **Strong Minds by BEACON:** This website has many great resources for mental health. The Ontario government has now funded BEACON digital therapy for all Ontarians during COVID-19. <https://www.mindbeacon.com/>
- **Canadian Mental Health Association Grey Bruce:** 519-986-3030 or <https://greybruce.cmha.ca/> or crisis line: 1-877-470-5200
- **Togetherall:** Peer to peer support and anonymous community: <https://togetherall.com/en-ca/>
- **BounceBack Ontario:** Guided self-help programs with phone coaching support: <https://bouncebackontario.ca/>

Message to Staff:

In these unprecedented times, mental health is a big concern. If you are feeling stressed, overwhelmed or just need someone to speak to, if you have any questions or concerns, please reach out confidentially to your Supervisor, Department Head, Kayla in HR or Dave as CAO. We are all in this together and we are here to help you.

BE KIND
TO YOUR MIND

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