

# ...and expert support.

There are many resources to help you. For a list of mental health resources and CMHA locations, visit our website

[cmha.ca](http://cmha.ca)

At some point in our lives, we may need to give our mental health a boost by seeking the help of a professional.

- If you are feeling depressed, meet with your doctor.
- For financial challenges, seek the help of a financial planner or debt counsellor.
- For direction in your work life, speak to a career counsellor and make a career plan.
- To repair relationships with loved ones and friends, talk to a counsellor and work through the issues.



Partner in mental health leadership:



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Building your mental health...

# One support at a time





# A solid foundation for mental health starts with...

## Positive relationships at work

Supportive relationships in the workplace are important to good mental health. Reach out to others around you. Listen to the concerns of your co-workers. Share a laugh with them. It will help reduce stress. It will bring you satisfaction and security in your professional and personal life.

## Good neighbours

Look across the road or across the hallway. Most of us live close to others but we rarely talk to them. A simple gesture is all it takes to build support with a neighbour. Say hello. Welcome newcomers to the neighbourhood. Just be there for your neighbours and they will be there for you.

## Ties to your community

Joining community groups, clubs and organizations makes you a part of something bigger. Contribute to your community and it will be part of your social network. You will reap the rewards by feeling connected and having a sense of purpose.

## Caring relationships

When we care for others and others care for us we feel valued. You may find this caring relationship in a best friend. It may be in the relationship with a family member, neighbour or caregiver. Build those relationships with care and laughter.