



Building your mental health...

# One support at a time



Positive relationships at work  
Good neighbours  
Ties to your community  
Caring relationships

For a list of mental health resources and CMHA locations,  
visit our website

**cmha.ca**



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

Partner in mental health leadership:



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