

## Cultural Organizations

- Association For New Canadians  
144 Military Rd  
St. John's, NL  
Phone: (709) 722-9680  
Fax: (709) 754-4407  
E-mail: community@nfld.net  
Website: www.anc-nf.ca
- Multicultural Women's  
Organization of Newfoundland  
and Labrador  
Box 23053  
St. John's NL A1B 9Z9  
Tel.: (709) 754-0112  
Fax: (709) 737-7382  
Email: ymkutty@roadrunner.nf.net
- The Hindu Temple  
26 Penny lane,  
St. John's, NL, Canada  
Phone: (709) 576-2619  
Mailing Address: Box 23075,  
Churchill Sq. Post Office, St.  
John's NF, Canada  
A1B 4J9  
Email: adluri@enr.mun.ca
- Muslims Association of  
Newfoundland and Labrador  
430 Logy Bay Rd,  
St. John's, NL  
A1A 5C6  
Phone: 709 75ISLAM  
Website: www.manal.ca
- NFLD Sikh Society Gurdwara and  
Cultural Center  
680 Logy Bay Road  
St. Johns, Newfoundland  
A1A 3J5

- Chinese Students and Scholars  
Associations  
Contact:  
sean\_huang7@hotmail.com
- Friends of India  
Contact: radha@cs.mun.ca

## Mental Health

- Canadian Mental Health Association  
NL Division  
Suite 302, 95 Bonaventure Ave.  
St. John's, NL  
A1B 2X5  
Phone (709)753-8550  
Toll free 1-866-509-3937  
Email: office@cmhanl.ca  
www.cmhanl.ca
- Mental Health Crisis Line  
(709)737-4668  
Toll Free 1-888-737-4668
- Schizophrenia Society of  
Newfoundland and Labrador  
205-206 WB, Waterford Site  
Waterford Bridge Road  
St. John's, NL  
A1E-4J8  
Phone: (709) 777-3335  
Fax: (709) 777- 3524  
www.ssnl.org



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

# Mental Wellness For Canadian Immigrants



Canadian Mental Health Association  
Newfoundland and Labrador Division  
Suite 302, 95 Bonaventure Avenue  
St. John's, NL  
A1B 2X5

Phone: (709) 753-8550  
Toll free: 1-866-509-3937  
Fax: (709) 753-8537  
Email: office@cmhanl.ca  
www.cmhanl.ca

Healthy  
Minds...Healthy  
Living!

## Mental Wellness

Mental wellness is how effectively and successfully a person functions. Signs of mental wellness are:

- Maintaining satisfying relationships
- Leading a balanced life
- Being able to handle normal levels of stress
- Being able to recover from difficult situations
- Feeling capable and competent

## Ten Tips For Mental Health

- Build a healthy self-esteem
- Eat well and keep fit
- Create positive family relationships
- Make friends who count
- Create a meaningful budget
- Get involved / volunteer
- Manage stress effectively
- Learn to cope with changes that affect you
- Identify and deal with your moods
- Find a spirituality to call your own

## Mental Illness

- Mental illnesses affect the mind, i.e. mood, thinking, and perceptions
- Mental illnesses may be related to chemical imbalances, trauma, excessive stress
- Culture affects how a person experiences and shows mental illness.

**Mental health and mental illness are two different topics.**

**It is important to know that one can have good mental health with or without a mental illness. Also, one can have poor mental health with or without mental illness.**

**We recognize that immigrants of diverse cultures can define and understand mental wellness and mental illness differently.**

## Factors Affecting Mental Health Of Immigrants

**As immigrants you may face certain factors that affect your stress level and can negatively affect your mental health. This stress can lead to the development of a mental illness, such as depression. These factors include social support, language, culture, employment and physical environment.**

- **Social Support:** Do you feel lonely because the lack of friends, family members and resources in your community? Do you know where to turn for help?
- **Language:** Did adjusting to the new language and local slang become a barrier in creating your relationships and using services?
- **Culture:** Do you feel pressured to conform to the local culture because people do not understand and appreciate your culture, values, customs and humor?
- **Employment:** Do you face job discrimination because of your unrecognized knowledge and skills?
- **Physical Environment:** Do you find it hard adjusting to new climate/weather and the lack of availability of familiar foods?

**You do not need to face these problems alone and let them overwhelm you. These are the organizations and services that are available to help you.**

