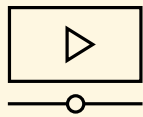


Uncovering mental health in under 10 minutes

In any given year, 1 in 5 Canadians experiences a mental illness.¹

But for many of us, the idea of mental health and mental illness feels abstract. Is it about our feelings? A state of mind? A condition? Or our past? It's a complex topic to understand.



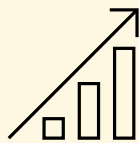
Knowledge is power

Introducing our new educational video - Uncovering the truth about mental health.

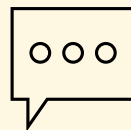
It's under 10 minutes, and provides valuable information on:



What mental health and mental illness is



How mental illness affects people



Breaking the stigma and getting support

The more we normalize conversations about mental health and mental illness, the easier it will be to get the support we need.

¹Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica. camh 2023.

Life's brighter under the sun

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