



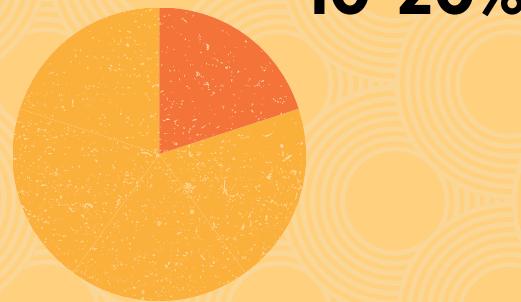
mental health

According to the Public Health Agency of Canada, positive mental health is the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face.

In Canada:



1 in 5 Canadians will have a mental illness this year



Percentage of youth who will suffer from a mental illness at any given time

3 MILLION

The total number of 12-19 year-old individuals in Canada at risk for developing depression

Consider this:

say this!

not that!

wild
unbelievable
shocking
out of control

crazy
nuts
insane
mental



If a friend says that they are depressed, take them seriously. Provide a listening ear, but also remember that you don't have to help them alone. See our list of resources for ways to help a struggling friend while also taking care of yourself.



organizations

Centre for Addiction and Mental Health ● ● ● ● ● (<http://www.camh.ca>)

Canada's largest mental health and addiction teaching hospital, as well as one of the world's leading research centres for addiction and mental health. Includes: clinical care, research, education, policy development, and health promotion to help transform the lives of people affected by mental health and addiction illnesses.

Canadian Mental Health Association ● ● ● ● ● ● (<https://cmha.ca/>)

One of the oldest voluntary organizations in Canada. Each year, they provide services and support to more than 1.3 million Canadians with efforts from more than 11,000 volunteers and staff from 330 communities across the country.

Kids Help Phone - 1-800-668-6868 ● ● ● ● ● (<https://kidshelpphone.ca/>)

Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth. Services include Live Chat, Always There App, Resources Around Me, BroTalk, and Good2Talk.

Children's Mental Health Ontario ● ● ● ● ● ● ● ● (<https://cmho.org/>)

An association representing Ontario's publicly-funded Child and Youth Mental Health Centres. They advocate for government investments, policies, and programs that are responsive to the needs of children, youth and families seeking mental health services in Ontario.

Anishnawbe Health ● ● ● ● ● ● ● ● ● (<https://www.aht.ca/>)

Toronto A multi-disciplinary organization that improves the health and well-being of Aboriginal People in spirit, mind, emotion, and body by providing traditional healing within a multi-disciplinary healthcare model. Practitioners include traditional healers, Elders, and traditional counselors.

References

<https://cmha.ca/about-cmha/fast-facts-about-mental-illness>

<https://www.canada.ca/en/public-health/services/health-promotion/mental-health/mental-health-promotion.html>