

Mental Health Matters

Need Help, Get Help, Give Help!

Did you know ...

20% of Canadians will personally experience a mental illness in their lifetime.

Did you know ...

Nearly 67% of people living with mental illness do not seek treatment because of a lack of awareness and public prejudice.

Did you know ...

Mental illness affects people of all ages, various educational and income levels and all cultures.

Did you know ...

Mental illness can be treated effectively and in most cases, recovery is not only achievable but expected.

LIFE is a GIFT ...

Live in the present; Learn from the past; Plan for the future!



For more information, or to get help:

CMHA: 1.800.461.5483
Health Line: 1.877.800.0002
Kids Help Phone: 1.800.668.6868

Farm Stress Line: 1.800.667.4442
Sask Youth Net: www.saskyouth.com
Hospital Emergency Department: 911



Canadian
Mental Health Association
(Saskatchewan Division) Inc.

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Bring the poster to life by visiting: www.cmhask.com

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