

Mental Health Awareness Week

#GETLOUD

May 1 – 7, 2017

Approximately seven million Canadians – 20 percent of us – live with poor mental health, mental illness or addiction.

The Canadian Mental Health Association's Annual Mental Health Awareness week's slogan, GET LOUD means speaking out against the discrimination and stigma directed at people with mental illnesses. It means using your voice to raise awareness and build support. It means speaking up for those around you – and for yourself.

From May 1 – 7, let's talk about mental health. How we feel, think, act and interact with the world around us. Let's learn about coping skills to get us through the stresses of life.

Let's learn that it is okay to ask for help or seek advice from someone with expertise.

Give your mental health the attention it needs!

This year's focus is on ending wait times for mental health care. Too many Canadian's are on standby for the care and services they need!!

Please visit the Canadian Mental Health Associations Toolkit on their webpage for sample Facebook and Twitter posts so you can get the word out and mindfulness activities for everyone! <http://mentalhealthweek.ca/toolkits/>



Coffee On Us

The Interlake-Eastern Suicide Prevention Committee would like to invite you to come down and have a coffee on us, and make mental health your business! We will have mental health resources, as well as a prize draw!



Event Locations:

- Ashern: Just My Kind of Bakery, Thursday May 4th 9:00 AM – 12:00 PM
- Dugald: Springfield Public Library, Wednesday May 3rd 12:00 – 4:00 PM
- Gimli: Flatlanders Coffee Roasters, Wednesday May 3rd 10:00 AM – 12:00 PM
 - Fisher Branch: Interlake Café, Friday May 5th 10:00 Am – 12:00 PM
- Lac du Bonnet: Abundant Life Chapel, Tuesday May 2nd 9:30 – 11:30 AM
 - Oakbank: Peppercorn Restaurant, Friday May 5th 1:00 – 3:00 PM
- Prawda: Reynold's Business Centre, Tuesday May 2nd 12:30 – 2:30 PM
 - Sagkeeng: Tim Horton's, Monday May 1st 1:00 – 3:00 PM
 - Selkirk: Roxi's Uptown Café, Monday May 1st 11:00 AM – 1:00 PM
 - Selkirk: Smitty's Restaurant Thursday May 4th 1:00 – 3:00 PM
- Traverse Bay: The Birchwood Hotel, Friday May 5th 10:00 AM – 12:00 PM
 - Whitemouth: Seniors Club, Tuesday May 2nd 9:30 – 11:30 AM

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