

Clear Health Benefits Inc. January Message on Mental Health Challenges

Happy New Year and welcome back to our “Wellness Wednesday” weekly tips! We are proud to share with you some of the benefits and resources available through our partnership with the Canadian Mental Health Association (CMHA) and their Not Myself Today program as we continue to further our commitment to help you build a culture of mental health and awareness within your organization. We all experience things differently, but together we can build a stronger foundation to address our mental health.

A new year offers a fresh start and an opportunity to develop positive life strategies. We can all attest to the difficulty in finding motivation to maintain those New Year’s resolutions at times, especially for those already managing mental health challenges. Whether it’s bigger goals or smaller ones, one step at a time is all you need to focus on when life seems overwhelming. I’ve included a helpful link to a recent CMHA article below - Small Steps to Make a Big Impact on Your Mental Health in 2024.

[Happy 2024! - CMHA Brant Haldimand Norfolk](#)

As always here is our “Wellness Wednesday” tip of the week that we encourage you to share, print or post in a common area for your employees.

