INDEPENDENT EDUCATIONAL ASSISTANTS ASSOCIATION STRONG

Mental Health Week - May 7 to 13

This year, Mental Health Week (May 7-13) is not only about the 1 in 5 Canadians who experience mental health issues. It's about the 5 in 5. 5 in 5 of us have mental health. We all have a state of mental health. We all have it, so why don't we all talk about it?

It's about feeling good about yourself and reaching your potential. It's about really thriving in life. It's about the ups *and* the downs. It's also about those overwhelming days when you need to take a few moments to breathe. And it's about the mental illnesses that can affect any one of us.

Help spread the word! #GetLoud

https://mentalhealthweek.ca/

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