



April 30, 2024

Canadian Mental Health Week

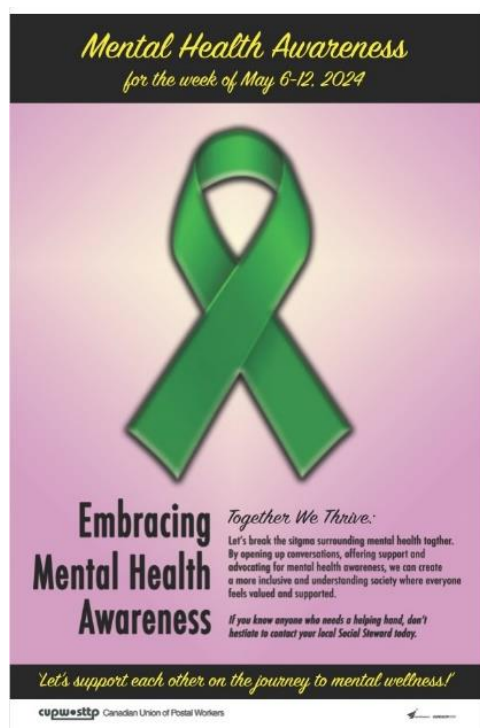
A Call to be Kind

Canadian Mental Health Week takes place from May 6-12, 2024. This initiative, organized by the Canadian Mental Health Association, highlights the importance of breaking the stigma surrounding mental health to help create a more inclusive and understanding world.

Mental health refers to a state of well-being and includes our emotions, feelings of connection to others, our thoughts, feelings, and being able to manage life's highs and lows. Mental health challenges are a common experience, and in any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

While so many of us experience mental health issues, there continues to be a lot of stigma and misinformation surrounding mental health, and too many people suffer in silence out of fear of being ridiculed or bullied. They do not seek out help or treatment because they are afraid of being discriminated against.

That is why is it so important to educate our workplaces and our communities. People who suffer with mental health issues deserve our compassion and understanding. They deserve to feel valued and supported. It's up to all of us to speak out, raise awareness, and stop the stigma.



The Differently-Abled Working Group of the National Human Rights Committee has chosen the green ribbon as the symbol of Mental Health Week to raise awareness about the inequity members with mental health issues face across the nation. We encourage all members to wear the green ribbon in support of those who suffer and to take part in Canadian Mental Health Week events in your communities.

In solidarity,

Beverly Collins
National Secretary-Treasurer

/cb cope 225
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