HELP HELP EMOTIONS ANXIETY HELP HELP NERVESUICIDE DEPRESSION

DEPRESSION

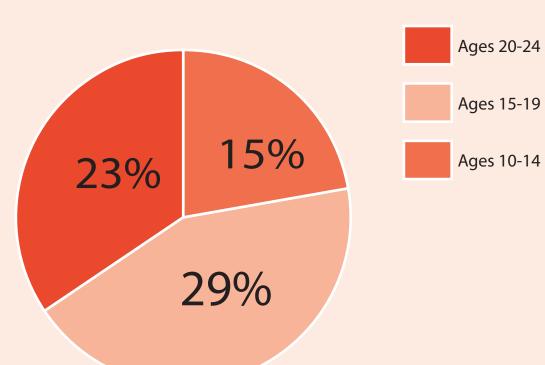
NERVES DEPPESSION EMOTIONS

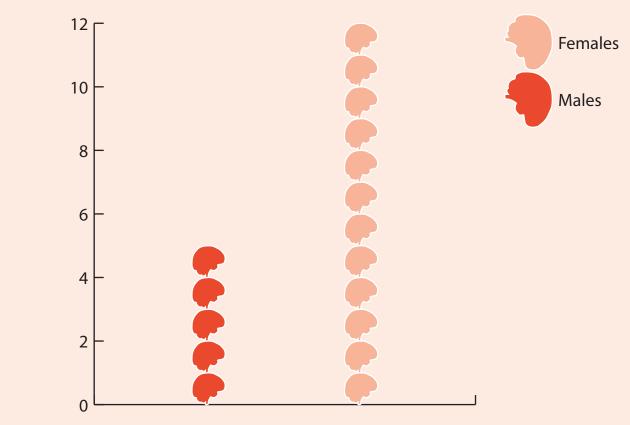
EMOTIONS ANXIETY

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Some early signs include: eating or sleeping too much or too little, having low or no energy, feeling numb or like nothing matters, having unexplained aches and pains, feeling helpless or hopeless, smoking, drinking, or using drugs more than usual, feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared, etc.

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FAST FACTS ABOUT CANADIAN MENTAL ILLNESS¹





Canada's suicide rate in 2012

Kids and teens that experienced a depressive episode between the ages 12-19 (%)

