



Canadian Mental  
Health Association  
*Mental health for all*

# COME TOGETHER, CANADA.

## STRONGER CONNECTIONS, BETTER MENTAL HEALTH.

Looking for ways to take part in Mental Health Week?

Find everything you need:

- Downloadable toolkits
- Ready-to-share social content
- Real stories and inspiration
- Easy ways to build connection

**SCAN THE QR CODE TO EXPLORE**

