

Did you know?

500,000 Canadians, in any given week, are unable to work due to mental health problems (CMHA).

“Raising mental health awareness and literacy helps encourage community members’ commitment to take action to promote student mental health at the campus level as well as to care for themselves and others” (CACUSS).

Mental Health Literacy

- ❖ Literacy is more than simply awareness. Mental Health literacy is being able to recognize and understand mental illness in a way that promotes prevention, help seeking and self-management.
- ❖ Increased mental health knowledge and understanding builds resilience and capacity to maintain well-being.
- ❖ Positive mental health programming contributes to building a resilient community.

Self-Help Links

- Homewood Health (U of R, Employee Family Assistance Plan):
<https://homeweb.ca/>
- Anxiety Canada:
<https://www.anxietycanada.com/>
- Canadian Mental Health Association:
<https://cmha.ca/document-category/mental-health>
- Headspace (Free App):
<https://www.headspace.com/headspace-meditation-app>



What is Mental Health...

- It's the capacity to adapt to life and what happens to you.
- It involves how you think, feel and believe.
- Good mental health means that you can:
 - Feel good and bad feelings
 - You can learn well
 - You get along well at school or work
 - You can get along well with friends and family
- People can have problems with mental health. Sometimes these problems can be serious ones (called disorders) like anxiety, depression, ADHD.

For further information please contact:

Rob McCaffrey, Mental Health Advisor
Health, Safety & Wellness
Human Resources, University of Regina

Rob.McCaffrey@uregina.ca

Phone: 306-585-5248