

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>



For further information please contact:

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