

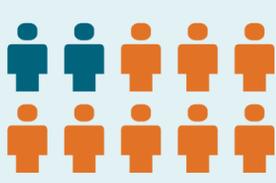
# CELEBRATE MENTAL HEALTH

## THE FACTS

Mental illness is increasingly threatening the well-being and lives of Canada's children and youth.

Approximately 10-20% of Canadian youth are affected by mental illness.

70% of Canadian adults with a mental illness developed symptoms in childhood.



Suicide often co-exists with mental illness:

Canada's youth suicide rate is the third highest in the industrial world, accounting for 24% of all deaths among 15-24 year old Canadians.

## WHAT CAN YOU DO?



### PROMOTE HEALTHY HABITS

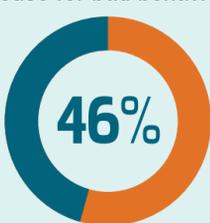


### EDUCATE YOURSELF

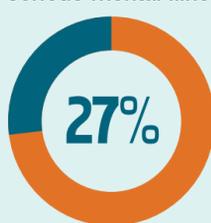
Positive mental health allows us to enjoy life fully, and to deal with the challenges that we face.

#### Stigma

Canadians who believe mental illness can be an excuse for bad behaviour



Canadians who would be fearful of someone with a serious mental illness



#### Reality

Canadians impacted by mental illness, through family, friends or colleagues



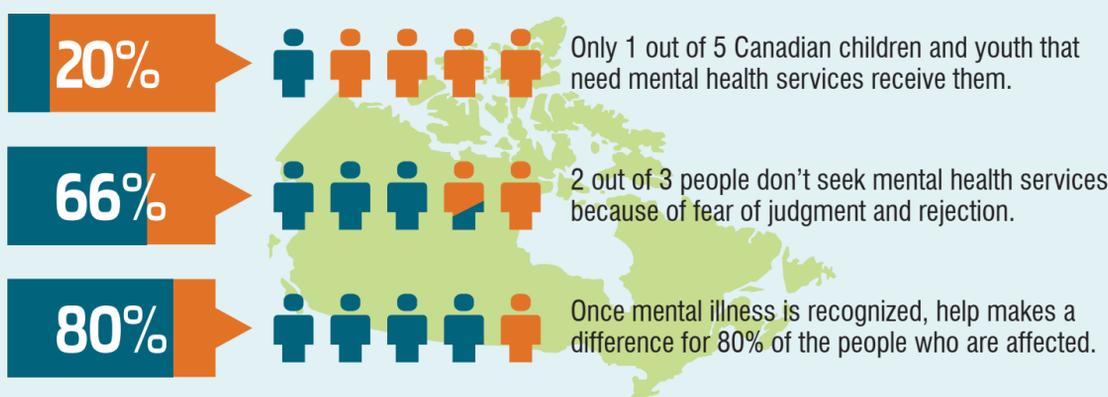
### KNOW THE SIGNS



#### Common Symptoms of Mental Illness in Youth

- Loss of interest in activities
- Change in sleep patterns
- Change in appetite
- Repetitive behaviours
- Change in mood or attitude
- Increase in risky behaviour
- Confusing fantasy with reality
- Thoughts or talk of suicide

### END THE STIGMA



### MARK YOUR CALENDARS

May 4-10, 2015

#### MENTAL HEALTH WEEK

**Get loud for mental health!**  
This year, speak out for the mental health of men and boys

**Tweet your support:**  
#MHW2015 and #GetLoud

[www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

May 6, 2015

#### HATS ON! FOR MENTAL HEALTH

**Wear a special hat** in participating Alberta schools to raise awareness of the importance of good mental health

**Tweet your photos:**  
#HatsOn

[www.canwetalk.ca](http://www.canwetalk.ca)

### REACH OUT

If you or someone you know is in immediate distress:



1-800-668-6868  
**Kids Help Phone**

1-877-303-2642  
**Alberta Mental Health Help Line**

Developed in partnership by:



Sources:

Canadian Medical Association (2008). *8th Annual National Report Card on Health Care*.  
Canadian Mental Health Association (2015). *Fast Facts on Mental Health*.  
Mental Health Commission of Canada (2012). *Information Release: World comes to Canada to fight stigma surrounding mental illness*.  
Mood Disorders Society of Canada (2009). *Quick Facts: Mental Illness & Addiction in Canada, 3rd Ed.*