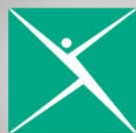
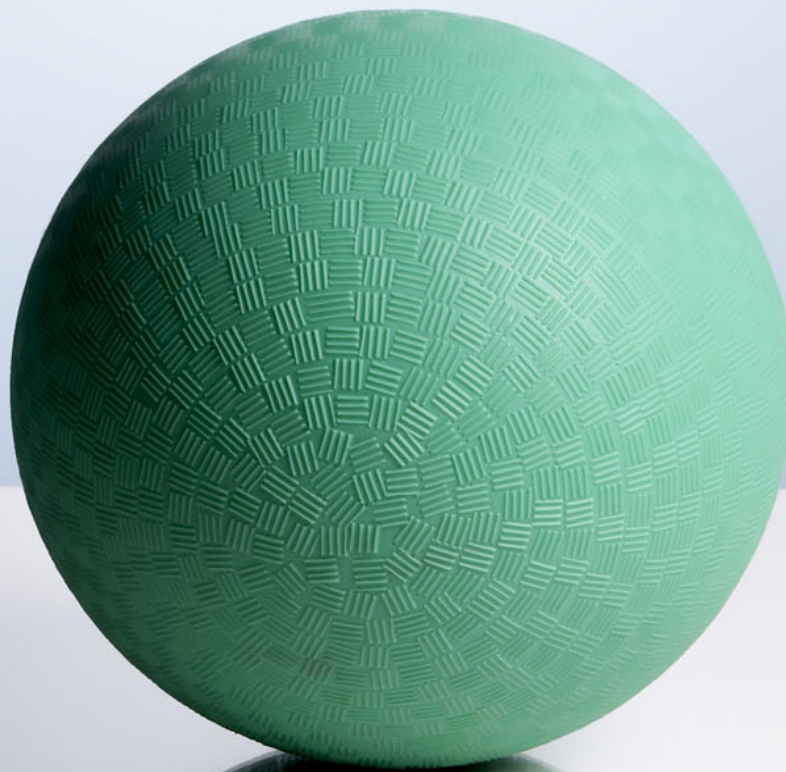


The economy, financial stress, family pressure?

## WE CAN ALL BOUNCE BACK.

At CMHA, our vision is mentally healthy people in a healthy society. We know that reaching out is the first step towards well-being. CMHA is a powerful force for mental health in Canada and can provide information to help you move through today's economic uncertainty. > [www.cmha.ca](http://www.cmha.ca)



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