



Making Connections

At CMHA, our vision is mentally healthy people in a healthy society. We know that reaching out is the first step toward well-being. Making connections with families, groups, decision-makers and **with you,** CMHA is a powerful force for mental health in Canada.

Connect with the Canadian Mental Health Association at www.cmha.ca for information on mental health issues and services.



CANADIAN
MENTAL HEALTH
ASSOCIATION

L'ASSOCIATION
CANADIENNE
POUR LA SANTÉ
MENTALE



EMERGING
into
LIGHT

The Emerging into Light symbol of resilience and recovery reminds us of the importance of making connections to ensure good mental health.