

Local Resources:

Aurora Family Therapy Centre
(Counselling & Newcomer services)
491 Portage Avenue - 8th floor
(204) 294 8454

Canadian Mental Health Association
(Educational programs)
930 Portage Avenue
(204) 982 6100

Klinic
(Drop-in counselling)
167 Sherbrook Street
(204) 784 4090

Mood disorder & Anxiety disorders
associations, Peer Connections
(Counselling, peer supports)
4 Fort street
(204) 786 0987

Huddle Broadway
(Counselling, peer supports)
533 Broadway
(204) 228 6387

Family Dynamics
(Counselling)
401-393 Portage Avenue
(204) 947 1401



Mental Health

Guide & Resources

What is mental health?

Mental health is the state of your psychological and emotional well-being. Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges.

Mental health is affected by

Life experiences
Relationships
Work or school environment
Physical Health
Community environment

Facts:

By age 40, about 50% of the population will have or have had a mental illness.

40% of high-school students experience symptoms of mental illness.

Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report poor to fair mental health.

<https://cmha.ca/brochure/fast-facts-about-mental-illness/>
<https://www.camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics>

Frequently Asked Questions:

#1

Q: What is a mental illness?

A: It refers to a wide range of mental health conditions that affect your mood, thinking and behaviour.

#2

Q: What is the most common cause of mental illness?

A: Childhood abuse, trauma, discrimination and social disadvantage.

#3

Q: How do I deal with my mental illness?

A: Its different for everybody, you would have to find what works best for you.

Interventions:

Counselling /Therapy:

- Speaking with a specialist about your mental health.

Education:

- Exploring online and communitiy mental health resources.

Peer Supports:

- Working with someone with shared lived experiences.