

# Mental Health Week

# May 2-8, 2022

Visit [mentalhealthweek.ca](https://mentalhealthweek.ca) for info and tools!



This is empathy.



When someone is struggling, you don't have to fix it. **JUST BE THERE**

**#GetReal** about how to help.

Visit [nbd.cmha.ca](https://nbd.cmha.ca) for calendar of local events

BE SEEN IN GREEN! Wear green and show your support on social media using the hashtags #GETREAL



Association canadienne  
pour la santé mentale  
North Bay et District



North Bay Regional  
Health Centre

