



Alberta Health  
Services



## Shed a Light on Mental Health

### #MyMentalHealthPromise

What is good for the body is good for  
the brain

Make a game plan for mental health and  
include:

- Exercise
- Sleep
- Friend and family connections
- Eating well
- Avoiding alcohol and drugs
- Relaxation and creativity

#### **MORE RESOURCES**

**[Help4me.ca](http://Help4me.ca)**

**[anxietycanada.com/](http://anxietycanada.com/)**



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Everyone has mental health

- Someone could be diagnosed with a mental illness and have good mental health.
- Someone else, without mental illness, could be struggling with their mental health.

Good mental health means having the capacity to successfully adapt to life's challenges.

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## Shed a Light on Mental Health #MyMentalHealthPromise

Make a mental health promise to  
yourself and share it with others

Example promises:

- Promote good mental health by the things you say and do
- Listen openly to people experiencing mental health problems
- Give all individuals understanding, compassion and support when they need it

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## **Shed a Light on Mental Health**

### **#MyMentalHealthPromise**

Pay attention to the early signs and symptoms of mental health problems

- Additional support may be needed for anyone struggling through a difficult situation
- Getting help early aids in developing good lifelong coping skills
- Learn about the resources and supports available in the community

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