

60% of people with a mental health problem or illness won't seek help for fear of being labelled.

40% of parents say they wouldn't tell anyone (including the family doctor) if their child was experiencing a mental health problem.

57% of employed Canadians say they would not disclose their mental health challenges to employers due to potential career harms.

How are you, *really*?



Feeling better is *possible.*



SELF-CARE TOOLKITS

Self-care toolkits available for download free of charge. The toolkits are interactive to help with your mental wellness and wellbeing.

Free toolkits can be downloaded without providing your name and email address.

Toolkits cover various topics ranging from youth to seniors.

Everyone can benefit from self-care toolkits. Support for individuals, family and friends.

www.rotary4mentalwellness.org



Website QR code



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