

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

How are you, *really?*



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

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

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

Scan QR code
to visit our website



**Rotarians
4 Mental
Wellness**



Take time for your mental wellness.

Self-care is so important,
mind, body, and soul.



The benefits of self-care include reduced stress, anxiety, and depression, improved concentration, increased energy, a stronger immune system, higher self-esteem, and better relationships.

Self-care is not just an option but a fundamental pillar of overall health.
Feeling better can start today!

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