



Did you know that 1 in 5 Canadians will have a mental illness at some time in their life?

**WORKING TOWARD**  
**wellness**  
LIVE BETTER · LIVE LONGER

To learn more about how to get mentally fit or to help others with mental illness:

- Contact the Canadian Mental Health Association office in Windsor-Essex at **519-255-7440** or visit [www.cmha-wecb.on.ca](http://www.cmha-wecb.on.ca)
- Talk to your physician
- Check out the resources in your Wellness Kiosk

 **KEEP HEALTH  
IN MIND**

  
WINDSOR · ESSEX COUNTY  
**HEALTH UNIT**  
Unité sanitaire  
de Windsor · comté d'Essex  
WINDSOR · ESSEX · LEAMINGTON  
[www.wehealthunit.org](http://www.wehealthunit.org)

  
**HEALTH  
Action  
en santé**  
WINDSOR-ESSEX

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