

## Mental Health Resources

Mental health or well being is an ideal we all strive for. It is a balance of mental, emotional, spiritual and physical health. Achieving this balance is a learning process. The challenge in being mentally healthy is maintaining that balance. Caring relationships, a supportive community, and work and leisure all contribute to mental health. However, since this balance is sometimes hard to maintain, mental health is also about learning the coping skills to deal with life's ups and downs the best we can.

Mental illness is a serious disturbance in thoughts, feelings and perceptions that is severe enough to affect day-to-day functioning. Some names for mental illnesses are: schizophrenia, depression, bi-polar disorder, anxiety disorders, eating disorders and borderline personality disorder.

Being able to assess your mental health is not as easy as measuring your physical health. When assessing your own mental health, focus on these characteristics: ability to enjoy life, resilience, balance, self-actualization and flexibility. Take the [Mental Health Meter](#) to see how you fit into each of these categories and where you may need to make some adjustments in your life.

Top 3 Tips for Staying in Balance from the [Canadian Mental Health Association](#):

- Schedule brief breaks for yourself throughout the day
- Turn off your cell phone and leave your laptop at work.
- Create and implement a household budget.

Asking for help is the first step to attaining mental health. Mental illness affects everyone at some point in their lives. 1 in 5 people will experience mental illness directly ([Mental Health Works](#)). You may also be indirectly affected by a family member, friend or colleague. Do not be afraid to ask for help, it is the best way to get on a path toward mental health.

Resources:

- Do you or someone you know need help finding information about mental health services and supports? Call 1-866-531-2600 or visit [www.mhsio.on.ca](http://www.mhsio.on.ca)
- Mental Health Promotion [Public Health Agency of Canada](#)
- EFAP – [Human Solutions](#) or 1-800-663-1142 **24 hour hotline**
- Canadian Mental Health Association – [Hamilton Branch](#)
- Crisis Outreach and Support Team (COAST) 905-972-8338
- Suicide Crisis Line 905-522-1477

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