

In Celebration of CMHA's 66th Annual
Mental Health Week, May 1-7, 2017

#GETLOUD

***With Prairie Mountain Health
For the Month of May***

#pmhmentalhealth

To GET LOUD Means:

- ✓ Speaking up for those around you – and for yourself!
- ✓ Speaking out against the stigma directed at people with mental illnesses!
- ✓ Using your voice to raise awareness and build support!

**The louder we get the bigger
the change we will make.**

Check out how you can get involved in our
weekly activity calendar below!

Prizes for Participation in Weekly Activities

Show us how you, your family, your workplace, your school, or your community is getting loud, for the chance to win prizes brought to you from:

*Canadian Tire, Wal-Mart, The Green Spot, Wildflower Café, Brown's Social House,
Boston Pizza, The Keg, Sobeys, Safeway, Superstore, and more...*

Enter pics, info and GET LOUD details by email:

klindsay@pmh-mb.ca

Or use #GETLOUD

May 1 – 7

#GET LOUD - KICK OFF



www.mentalhealthweek.ca

GET LOUD!

[CMHA Mental Health Week](#)

Create and share with us: your own anti-stigma video, share a media clip of your story, create a song to #GET LOUD for mental health.

Email to: klindsay@pmh-mb.ca

Find out where you can learn more about mental health and mental illness: [PMH Mental Health Education Courses](#).

If you or someone you know needs mental health support, find out how to [contact us and access our services](#).

May 8 – 14



LOVE THY SELFIE – [Activities for you and your family](#).

- ✓ **Self-care includes an intentional action you do to take care of your physical, mental and emotional health.**

Plan, Create and 'Love Thy Selfie' - Do something to take CARE OF YOU!

GET LOUD – [Self Care Tips](#)

May 15 – 21



Week of the Walking Dead

[Week of the Walking Dead](#)

How much of your day do you spend in autopilot or a zombie like state?

Get active with healthful breathing, mindfulness, yoga, meditation – on your own or with a friend - dress up if it helps the cause. [Use coping with anxiety & relaxation techniques](#).

GET LOUD for YOU and make a healthy change – *acknowledge your inner zombie and transform it.*

May 22 – 28

GET LOUD with GRATITUDE



[GET LOUD with GRATITUDE](#)

When you look at the world through the eyes of gratitude, the world you look at changes.

Do everyday good deeds—simple acts of kindness—simply because our social fabric could use a little mending.

www.peopleforgood.ca
www.randomactsofkindness.org

May 29 – 31

#GET LOUD - RECAP



Check out PMH social media – [Twitter](#) and [Facebook](#) to see who GOT LOUD for mental health and how.

Celebrate Our Success and Learning!

Prizes to be announced and awarded!

#GETLOUD With PMH May Activity Calendar

Click on the Embedded Links for More Info Each Week

Brought To You By
PMH Mental Health Promotion
#pmhmentalhealth