

Your Mental Health Matters



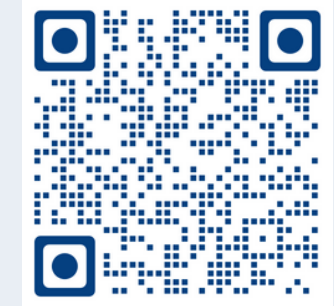
Mental health is just as important as physical health. Let's care for both.



Canada's

Healthy Workplace Month

<https://healthyworkplacemonth.ca>



**Take breaks.
Practice self-care.**

**Listen.
Be there for
your
colleagues.**

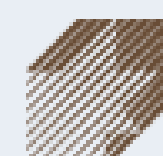
**Share mental
health
resources.**

**Celebrate
small wins
and progress.**



**Let's make mental health a workplace priority.
Every month, every day**

**Ask for help
when you need
it. Encourage
others to do the
same.**



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improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence