

Ways to Get Loud for Mental Health

Here are some ideas to start you off. Visit our website during CMHA Mental Health Week – mentalhealthweek.ca – to find out more ways to GET LOUD for mental health.

1. GET LOUD BY SPEAKING UP! We often suffer silently. One of the ways to Get Loud is to speak up. Talk openly to someone you feel safe with: a loved one or a friend. If they're informed and supportive, they won't judge or shame you about your mental health concerns. They may even have their own concerns, and you'd be opening a dialogue. Either way, talking about it can end the silence.

2. GET LOUD BY BEING THAT FRIEND You can be that friend who opens up the conversation. You can start by simply asking "How are you, really?" Offer to listen without judgment, and to do what you can to help.

3. GET LOUD TO GET HELP The one person you'll want to GET LOUD to next is your family doctor. Tell them if you need support. Tell them if you need services. Contact your local CMHA for programs and services in your area. If you're in crisis, don't wait. Go to your hospital emergency department or call 911.

4. GET LOUD FOR MORE MENTAL HEALTH SUPPORTS AND SERVICES Don't stop at seeking help: demand it. Get Loud with your elected representatives. Tell them we need increased mental health funding for more – and better – mental health programs and services. Governments at every level need to hear that mental health is a top health priority for all Canadians.