

Developing Mentally Healthier Communities Through Sport

Let's Take a Time Out to Reach Out

We all have mental health. Taking care of your mental health is just as important as taking care of your physical health. Recognize when you need support by checking in with yourself.

How often are you...

- Feeling worried?
- Feeling angry?
- Feeling sad?

Check in with yourself...

- Are you getting enough sleep?
- Have you spent time being active?
- Are you spending time with people you care about?
- Are you eating regular healthy meals?
- Are you thinking kind thoughts about yourself?

Reaching out makes you stronger...

- Talk to a friend
- Reach out to a trusted adult
- Contact CMHA cmha.ca/find-help/find-cmha-in-your-area/
- Call a crisis line or community support like Kids Help Phone (1-800-668-6868)



mentalwellnessinsports.ca



Canadian Mental
Health Association
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Ontario