

MENTAL HEALTH AWARENESS



Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder.

Mental health can affect daily living, relationships, and physical health. However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can contribute to mental ill health.

Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves balancing life activities, responsibilities, and efforts to achieve psychological resilience.

Here at **Northern Safety Solutions**, we not only care about your physical well-being, but about your mental health as well. We provide training in Compassion Fatigue, which is a 4-hour session to help people cope with work-life balance.

“For everyone well-being is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself.” – Deepak Chopra.

Whether you are suffering from depression, anxiety, compassion fatigue, or PTSD, as well as any other mental health issue, please know that you are not alone, and help is available.

Here are some community mental health resources:

[Services and Supports \(cmha.ca\)](https://www.cmha.ca)

[Community Mental Health Programs - connect.northeasthealthline.ca](https://connect.northeasthealthline.ca)

Please contact Northern Safety Solutions for more information on mental health resources



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