Mental health awareness in Canada is growing, yet awareness isn’t enough. It’s time to utilize the best available scientific evidence to take meaningful action.

It’s time to #GetLiterate

Mental health literacy is part of health literacy and includes four key components:
- Build skills to get and stay mentally healthy
- Improve understanding of common mental disorders and treatments
- Reduce stigma
- Increase effective help-seeking

Learning About the Stress Response

Mental health is the capacity to successfully adapt to life’s challenges. It includes a wide range of thoughts and feelings, as well as the stress response. By learning how to handle daily stressors, we can strengthen our problem-solving skills and build resilience.

Research continues to support a handful of basic lifestyle factors that help keep us mentally healthy. Check out the Mental Health Literacy Toolbox to learn more!

Understanding Mental Health Literacy

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Understanding the Stress Response

The Stress Response video
Understanding Stress (and what to do about it) poster

Evidence-Based Medicine framework video

Becoming Media and Website Savvy video

Communicating With Your Health Provider handout

Adolescent Development

Parenting Your Teen booklet
Teening Your Parent booklet

The Big 5 (+1) for Mental Health poster

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