

# CMHA-PEI Mental Health Week

## #GetReal May 3-9, 2021



Canadian Mental  
Health Association  
Prince Edward Island

Visit <https://pei.cmha.ca> for more information

**HAPPY**

**AFRAID**

**SAD**

**ANGRY**

For 2021, the Mental Health Week theme will focus on understanding our emotions -

Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.

**Name It Don't Numb It**



New Brunswick

