



**Canadian Mental
Health Association**
Prince Edward Island

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CMHA PEI Division lauds launch of the PEI Alliance for Mental Well-being

Charlottetown---The Canadian Mental Health Association PEI Division (CMHA PEI) is pleased with the launch of the PEI Alliance for Mental Well-being announced today.

The Alliance will work with several organizations across the Island to foster collaboration and coordination in the provision of programs and services relating to mental well-being. While it will not provide service directly to Islanders, it will raise awareness of what constitutes mental well-being and fund projects to enhance current programs or develop new ones to address emerging issues.

Mental well-being doesn't necessarily prevent the development of mental illness or addiction, but it can build the resilience needed for the best quality of life and help improve outcomes.

Shelley Muzika, Executive Director of CMHA PEI, says, "CMHA PEI Division is excited to see additional investment in improving the mental health and mental well-being of PEI residents. This Island-wide initiative to provide funding for both new and existing services will enhance the ability of recipient partners to bolster mental well-being overall."

"Having good mental health is a goal for everyone; improved awareness and access to more tools and resources will benefit everyone." said Muzika. "By applying an evidence-based approach to activities and grants, the Alliance will help ensure community programming encourages people to take care of their own mental well-being."

For more information on CMHA PEI's programs and services, visit www.pei.cmha.ca.

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For media interviews contact:

Lori Morris
Communications Coordinator
communications@cmha.pe.ca