

# Challenge for Change

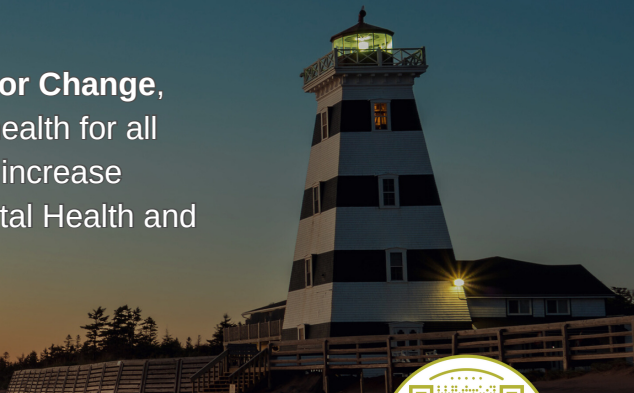
Create Hope Through Action

Will you take the **Challenge for Change**, and help us improve mental health for all Islanders, reduce stigma and increase positive changes around Mental Health and Life Promotion?



**Canadian Mental  
Health Association**  
Prince Edward Island

**Visit Our  
Website Today**



Following the Canadian Association for Suicide Prevention's (CASP) campaign for World Suicide Prevention Day, **Creating Hope Through Action** on WSPD, 2023, CMHA PEI pledges to **Create Hope Through Action** by launching a yearlong campaign. **Challenge for Change** will challenge Islanders to join us in our overall mission of mental health for all. We aim to reduce the stigma surrounding suicide and create positive change for mental health and life promotion (suicide prevention). We will be encouraging people to find their light/beacon of hope, stay committed to increasing their well-being, and celebrate with us in a campaign conclusion event on September 10, 2024.



## We Challenge You to Create Hope Through Action:

- **FIND Your Lighthouse** - What is your beacon in life's challenges? Is it a person, place or thing?
- **STAY Committed** - Increase your well-being by actively participating in sessions, training or events that improve your mental health, and educate yourself about life promotion.
- **CELEBRATE With Us** - At our campaign conclusion event on September 10th, 2024.

## Learn More & Donate Now At:

[www.pei.cmha.ca](http://www.pei.cmha.ca)

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If you find yourself in a crisis situation, please reach out to the Mobile Mental Health Response Service at 1-833-553-6983 toll-free