

Erasing the Stigma: Mental Health Awareness Week

As May 2nd -8th is Mental Health Awareness Week in Canada and the last couple of months we have been raising awareness of mental illness, now is your time to get loud and speak up to stop the discrimination and the stigma that usually go hand in hand with mental illness. It means using your voice to raise awareness and build support. For someone at work. For someone at home. For yourself.

Experiencing a mental illness can be very distressing and you may wonder if you'll feel like yourself again. Finding help early will get you on the road to recovery faster and may even reduce the risk of problems in the future. Treatment often includes a few different approaches and support groups can connect people with shared experiences. And there are many self-help strategies to try. Some people may also find extra supports like income and housing. Each person has their own preferences and goals, and recovery plans should reflect that.

When someone you love experiences a mental illness, you may have conflicting feelings. You may feel worried about their future, and feel relieved that the problem has a name. You may even wonder if you've done anything to cause their illness. These feelings—and many more—are normal. You can be an important person in your loved one's recovery. Ask what you can do to help. Emotional support is important, but don't forget about practical help with daily tasks, if needed. Remember to take care of yourself and find support, too.

For access to services relating to mental health and addictions, please visit the Saskatoon Health Region online at: https://www.saskatoonhealthregion.ca/locations_services/Services/mhas or by phone at (306) 655-7777.