



Mental Health Week

May 3-9, 2021

The pandemic has impacted the mental health of Canadians. At HumanaCare we can help. Free, confidential support and online mental health wellness resources.

HumanaCare supports the Canadian Mental Health Association.

#**GetReal** about how you feel. Name it, don't numb it.

Visit mentalhealthweek.ca to find out more about the #**GetReal** campaign.

HumanaCare Webinar! May 3, 2021 @ 11am EST

MENTAL HEALTH AND RESILIENCY

Participants will learn what good mental health looks like, how to identify where they are on the Mental Health Continuum and what are some factors that can help them build personal resilience.

In turn, participants will see that resiliency is a key component to good mental health.

[Click here on May 3rd at 11am to watch live!](#)

[Click here](#) to access our employee portal for online support and access to hundreds of self-help articles, assessments and webinars.



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