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| MENTAL HEALTH |
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Overview:

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including: the ability to learn. the ability to feel, express and manage a range of positive and negative emotions. the ability to form and maintain good relationships with others. It is the state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. Mental fitness helps us to achieve and sustain a state of good mental health. When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn, try new things, and take risks. We are better able to cope with difficult times in our personal and professional lives. We are able to be more productive at work, and contribute more to our community. Nurturing our mental health can also help us combat or prevent the mental health problems that are sometimes associated with a chronic physical illness. In some cases, it can prevent the onset or relapse of a physical or mental illness.

Current Recommendations:

According to Canadian Mental Health Association, the three important ways to improve your mental fitness are to get physical, eat right and take control of stress.

Exercise has many psychological benefits. For example, physical activity is increasingly becoming part of the prescription for the treatment of depression and anxiety. Exercise alone is not a cure, but it does have a positive impact.

It is known that stress can negatively affect an episode of mental illness. Learning to effectively cope with stress can ease our bodies and our minds. Meditation and other relaxation methods, exercise, visualization are all helpful techniques for reducing the negative impact of stress.

A new study by the UK’s Mental Health Foundation suggests that poor diet has played a role in the significant increase in mental health problems over the past 50 years. Mental health professionals point out that good eating habits are vital for people wanting to optimize the effectiveness of and cope with possible side effects of medications used to treat mental illnesses.

For more information on the benefits of good mental health follow this link to the website of Canadian Mental Health Association [www.cmha.ca/documents/benefits-of-good-mental-health/](http://www.cmha.ca/documents/benefits-of-good-mental-health/)

Helping others achieve good mental health in our community:

Someone with mental illness can experience periods of instability on their way to getting better. When necessary, we should encourage them to see support groups or mental health organizations and associations for information, help and support.

Brantford Mental Health Resources:

1. Brant community Health care System (Mental Health and Addiction).

200 Terrace Hill St, Brantford,

N3R 1G9

(519) 751-5544

Website: <https://www.bchsys.org/en/care-services/mental-health-and-addiction.aspx>

1. Canadian Mental Health Association (CMHA) Brant Haldimand Norfolk Branch. Mental health and addictions round table talk in Brantford-Brant.

44 King St, Brantford,

N3T 3C7

(519) 752-2998

Website: <https://cmha.ca/document-category/mental-health>

Please follow this link to the Mental Health brochures printed from the website of Canadian Mental Health Association

* + - [Schizophrenia](https://cmha.ca/wp-content/uploads/2016/02/Schizophrenia-NTNL-brochure-2014-web.pdf)
    - [Anxiety](https://cmha.ca/wp-content/uploads/2016/02/Anxiety-MI-NTNL-brochure-2014-web.pdf)
    - [Depression and Bipolar](https://cmha.ca/wp-content/uploads/2015/12/Depression-and-Bipolar-NTNL-brochure-2014-web.pdf)
    - [Preventing Suicide](https://cmha.ca/wp-content/uploads/2016/02/Preventing-Suicide-NTNL-brochure-2014-web.pdf)
    - [Understanding Substance Use](https://cmha.ca/wp-content/uploads/2018/08/UnderstandingSubstanceUse-NTNL-brochure-2017-web.pdf)

1. ConnexOntario : A mental health crisis support organization that provides free mental health treatment services in Brantford. Connex Ontario provides addiction, mental health, and problem Gambling treatment services.

44 King Street

Brantford, Ontario

N3T 3C7

1-866-531-2600

Website: <https://www.connexontario.ca/information-services>

1. St. Leonard’s Community Services: Provides counselling for individuals experiencing mental health and addiction.

133 Elgin St, Brantford,

N3S 5A4

519-759-7188

Website: <https://www.st-leonards.com/admh>

1. Aboriginal Mental Health and Addiction Services: Provide mental health services for people who identify as aboriginals.

36 King St, Brantford,

N3T 3C5

(519) 752-4340

Website: <https://aboriginalhealthcentre.com/services/mental-health/>

1. Hope Brant: Peer support group for people with mental health.

175 Dalhousie St. Brantford,

N3T 2J6

519 751-1694

Website: <https://hopebrant.ca/our-programs/>

1. Woodview Mental Health and Autism Services

643 Park Rd N, Brantford,

N3T 5L8

(519) 752-5308

Website: <https://woodview.ca/>