



**Mental illness affects everyone – even you.**

**1 IN 5**

people in Canada will personally experience a mental health problem or illness every year.



**Mental illness does not discriminate.**

It affects humans of all ages, education, income levels, and cultures.

## It's not easy to ask for help

and many Canadians feel like they cannot reach out when it comes to their mental health.



Sometimes they feel **ashamed, scared or unsure where to start.**



According to the CMHA:

**Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community.**



**49%**

of those who feel they have suffered from depression or anxiety

**have never gone to seek professional medical attention.**

And yet, by the time Canadians reach 40 years old, 50% have—or have had—a mental illness.

**It's important to take care of yourself and your mental health.**

Just like a broken arm needs treatment, **your mental health is no different.**



Talk to someone, seek help and don't hesitate to ask for help.

For more information, visit:

[CHICKENFARMERS.CA](http://CHICKENFARMERS.CA)