



End the stigma

Talking is the first step towards meaningful change and building greater awareness, acceptance, and action.

Facts

- 1 in 5 Canadians will experience a form of mental illness at some point in their life.
- 2 in 3 people suffer in silence fearing judgment and rejection.
- At this very moment, some 3 million Canadians are suffering from depression.
- Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- Suicide accounts for 16% of all deaths among 25-44 year-olds.

5 ways to help

1. Language matters

Words can help...but they can also hurt. Pay attention to the words you use. Explain to friends and colleagues who use mean words without thinking that their comments may be hurtful and provide an alternative view.

2. Educate yourself

Learn the facts and myths about mental illness. Be knowledgeable and help fight stigma with facts. Understand early warning signs in yourself and others and know where to seek help.

3. Be Kind

Small acts of kindness speak volumes. Don't stand by if someone is being labelled or bullied. Treat a person who has a mental illness with the kindness and care you give to people with other illnesses through a friendly smile, a helping hand, a phone call or visit.

4. Listen and ask

Sometimes it's best to just listen. Don't trivialize someone's illness. Instead, say: "I'm sorry to hear that, it must be a difficult time. Is there anything I can do to help?"

5. Talk about it

Start a dialogue, not a debate. Break the silence. Talk about how mental illness touches us all in some way directly or through a friend, family member or colleague. Stories of lived experience are the best way to help eradicate stigma.

(Source : <http://cause.bell.ca/fr/>)

Stroke is a medical emergency

A full 66% of people who have a stroke don't make it to the hospital to receive time-sensitive treatments. The result: death or disability. But you can help improve that statistic. For yourself and those you care about, recognizing the signs of stroke is the critical first step.

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
T IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT,
 THE MORE OF THE PERSON YOU SAVE.

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Perks of quitting

Even if you've been smoking for a very long time, quitting will provide immediate health benefits—and it only gets better over time.

- 20 minutes after quitting: your blood pressure slowly returns to normal and your heart rate is already doing better. Your circulation improves.
- 8 hours after quitting: all the carbon monoxide from your last cigarette has left your bloodstream.
- 24 hours after quitting: the risk of having a heart attack is already lower than when you were smoking. Nicotine is slowly beginning to be evacuated from your body.
- 2 weeks to 3 months after quitting: exercising is easier because your lungs are working better.
- After one year, you can declare victory: you're a non-smoker! The risk of suffering from cervical cancer is the same as it is for non-smokers. The risk of heart disease drops by half after one year. The risk of developing cancer of the mouth, throat, esophagus, kidney or pancreas continues to drop.



(Source : <http://www.defitabac.qc.ca>)