

## Numbers Don't Lie!

According to the *Canadian Mental Health Association* -

Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.

In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.

That statistic equates to more than 6.7 million people in Canada living with a mental illness.

Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

Glenn Close

**If you or someone you love is experiencing a mental health crisis, help can be found at:**

For emergencies call 9-1-1

Crisis Stabilization Unit  
1-855-222-6011 / 204-727-2555

Mobile Crisis Services  
1-204-725-4411

Manitoba Suicide Line  
1-877-435-7170 / [www.reasonstolive.ca](http://www.reasonstolive.ca)

Manitoba Farm, Rural & Northern Support Services  
1-866-367-3276 / [www.supportline.ca](http://www.supportline.ca)

First Nations and Inuit Hope for Wellness Helpline  
1-855-242-3310

Klinic Crisis Line  
1-888-322-3019

Manitoba Addictions Help Line  
1-855-662-6605

Kids Help Phone  
1-800-668-6868

### Westman Mental Wellness and Suicide Prevention Association

-  [westmanwellness.ca](http://westmanwellness.ca)
-  [@WestmanMentalWellness](https://www.facebook.com/WestmanMentalWellness)
-  [@westman\\_wellness](https://www.instagram.com/westman_wellness)
-  [westmanwellness@gmail.com](mailto:westmanwellness@gmail.com)
-  [@westmanwellness](https://twitter.com/westmanwellness)



**WESTMAN  
MENTAL  
WELLNESS  
AND SUICIDE  
PREVENTION  
ASSOCIATION**

## **A message from Co-founder Cathy Williams:**

*Westman Mental Wellness started as a Souris based group in 2014 to bring awareness to mental health and suicide prevention.*

*Our goal is to:*

- **Educate** to increase the understanding of mental wellness;
- **Advocate** by being a community voice to reduce prejudice and discrimination around mental health and suicide;
- **Support** by promoting wellness and recovery to those impacted by suicide; and
- **Empower** people to affect positive change through the discovery of personal strengths.



## **What is a Westman Mental Wellness project grant?**

Funds are raised by community volunteers and administered by our Board of Directors.

We support projects to enhance mental wellness, suicide prevention and education in Westman.

The purpose of the grant is to support small projects that bring awareness and respond to community needs around mental wellness and suicide.

Funds are provided to Westman groups that require modest, short-term project funding up to a maximum of \$2,500.

For more information and how to apply for funding, please visit our website.

**[westmanwellness.ca](http://westmanwellness.ca)**

## **You can make a difference!**

As we expand in Westman, we are searching to grow our mental wellness community!

If this interests you, please contact us.



“If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don’t exist, then maybe we’ll leave the world a better place than we found it.”

Russell Wilson

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Educate ~ Advocate ~ Support ~ Empower

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