



Tilly O'Neill-Gordon, MP  
MIRAMICHI

# NEWS RELEASE

For Immediate Release

April 30, 2010

## Mental Health Week – May 3 to 9, 2010

At some point in our lives, we may need to give our mental health a boost by seeking the help of a professional.

- If you are feeling depressed, meet with your doctor.
- For financial challenges, seek the help of a financial planner or debt counsellor.
- For direction in your work life, speak to a career counsellor and make a career plan.
- To repair relationships with loved ones and friends, talk to a counsellor and work through the issues.

A solid foundation with mental health starts with:

- **Positive relationships at work**

Supportive relationships in the workplace are important to good mental health. Reach out to others around you. Listen to the concerns of your co-workers. Share a laugh with them. It will help reduce stress. It will bring you satisfaction and security in your professional and personal life.

- **Good neighbours**

Look across the road or across the hallway. Most of us live close to others but we rarely talk to them. A simple gesture is all it takes to build support with a neighbour. Say hello. Welcome newcomers to the neighbourhood. Just be there for your neighbours and they will be there for you.

- **Ties to your community**

Joining community groups, clubs and organizations makes you a part of something bigger. Contribute to your community and it will be part of your social network. You will reap the rewards by feeling connected and having a sense of purpose.

- **Caring relationships**

When we care for others and others care for us we feel valued. You may find this caring relationship in a best friend. It may be in the relationship with a family member, neighbour or caregiver. Build those relationships with care and laughter.

For more information, please visit Canadian Mental Health Association's Website at:  
<http://www.cmha.ca/bins/index.asp?lang=1>

PARLIAMENTARY OFFICE  
Room 533 Confederation Building  
House of Commons  
Ottawa, ON K1A 0A6  
Tel: (613) 992-5335  
Fax: (613) 996-8418  
E-mail: [oneilt@parl.gc.ca](mailto:oneilt@parl.gc.ca)



CONSTITUENCY OFFICE  
4 Renaud St.  
Miramichi, N.B. E1V 6T1  
Tel: (506) 778-8448  
Fax: (506) 778-8150  
E-mail: [oneilt@parl.gc.ca](mailto:oneilt@parl.gc.ca)