

MENTAL HEALTH RESOURCES

*Ask your Supervisor
about our
Employee & Family
Assistance
Program today!*

-SLP Management



Walmsley
SINCE 1994

Being there matters.



To Access Services:

Call: 1-800-481-5511

Email: info@walmsley.ca

Mental Health Conditions: Break the Stigma!



Mental Health is a continuum, that almost everyone struggles with. Breaking the stigma of Mental Health will:

- Help your overall well-being
- Better express emotions
- Problem solve to find root cause
- Better relationships with family, friends and co-workers
- Help people to communicate
- Eliminate Stereotypes
- Educate others

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TALK ABOUT MENTAL HEALTH!

WHY IS IT IMPORTANT TO **TALK ABOUT MENTAL HEALTH**



Talking about your mental health can help to reduce pressure, stress, and anxiety.



Talking about your mental health could help others to open up.



Talking about your mental health shows the sign of strength not weakness.



Talking to someone about your mental health will allow you to get things off your mind.



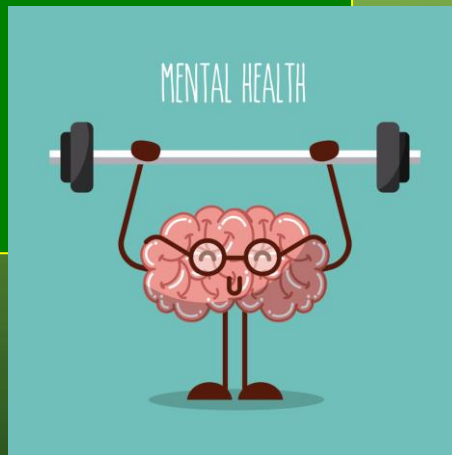
Talking to someone about mental health is confidential and can be completed over the phone or virtually through the Employee & Family Assistance Program.



Being there matters.

Walmsley offers counselling services for:

- Individual & family crisis
- Grief and loss
- Stress and anxiety
- Career and work
- Drug and Alcohol abuse
- Anger
- Couple & Marital
- Accidents / Emotional Trauma
- Depressions
- Adolescents
- Children



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**MENTAL HEALTH IS
AN ANNUAL BATTLE,
NOT JUST ONE
WEEK OR ONE
MONTH; IF YOU ARE
STRUGGLING BREAK
THE STIGMA AND
REACH OUT.**



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