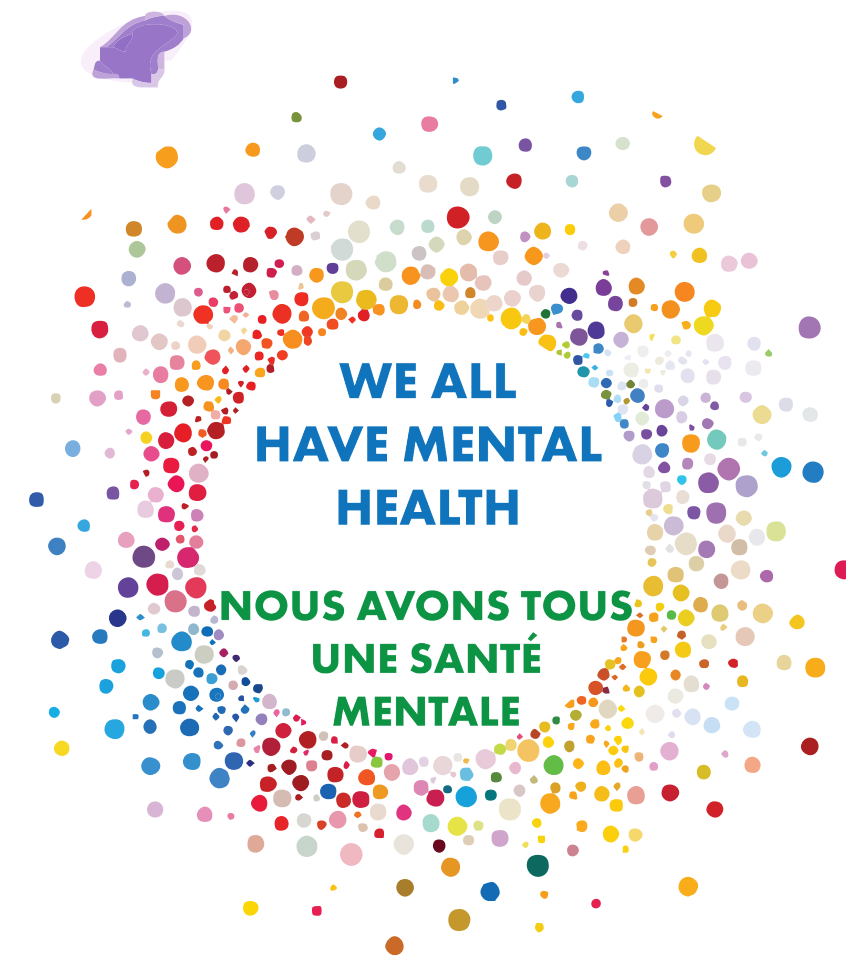


**Mental health is just  
as important as  
physical health.**

**La santé mentale est  
aussi importante que  
la santé physique.**



Services de santé du  
**TIMISKAMING**  
Health Unit



Canadian Mental  
Health Association  
Association canadienne  
pour la santé mentale