

# X DID YOU KNOW?

1 in 10 adults in Timiskaming rate their mental health as fair or poor. Municipalities can design neighbourhoods that promote safety, connectedness and well-being and provide a range of affordable high quality housing.



Let's make health a priority. **VOTE** in your municipal election, help others to vote and help promote positive mental health for everyone.



Services de santé du

**TIMISKAMING**  
Health Unit

