

## May feature – Mental Health Support

Every year, one in five Canadians will experience a mental health problem, whether it's a struggle with depression, anxiety, addiction, severe stress, or another issue. And millions more will be affected by a mental health issue in someone they love.

**Contact inConfidence, toll-free, any time:** Are you concerned about a child who may be suffering from anxiety, a family member who may be abusing opioids, or about an issue in your own life? Our caring, professional consultants are available 24/7 with expert advice and confidential support.

**Log in any time to the program website:** This month, see the **Mental Health Support** feature on our home page. You'll find links to articles, infographics, and a new podcast, "Managing Your Moods," featuring Christine Padesky, clinical psychologist, bestselling author, and cognitive behavioural therapy expert. She describes simple research-tested skills you can learn to improve your mood and boost happiness.

**inConfidence** is here to support you and your loved ones through whatever challenges you may be facing.

**Call inConfidence toll-free, any time: 1-877-418-2181**

**TTY: 1-877-371-9978**

**Online at [www.myinconfidence.ca](http://www.myinconfidence.ca).**

**(username: NLMA; password: inconfidence).**

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