

Canadian Mental Health Association of New Brunswick (CMHA of NB)

PROGRAMS



CHANGING MINDS is a program designed to reduce stigma, fostering understanding and promoting change for mental illness

LIVING LIFE TO THE FULL allows us to learn how to take back control over your life

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) allows us to learn to recognize the signs of suicide and learn to be a support to someone with thoughts of suicide

MENTAL HEALTH WORKS provides capacity building workshops on workplace mental health to both employers and employees

KIDS HAVE STRESS TOO was created by the Psychology Foundation of Canada to assist us in our journey to build skills in our children that will last a life time

SAFETALK is a program that allows us to become a suicide-alert helper

Working Minds TOGETHER is designed to provide leaders within a workplace-environment with the necessary information and strategies to build positive mental health for all employees while effectively supporting individual employees with mental health concerns

CANADIAN MENTAL HEALTH ASSOCIATION OF NEW BRUNSWICK (CMHA OF NB)

WHO WE ARE. We are the provincial leader and champion for mental health. CMHA of NB helps people access the community resources they need to build resilience and support recovery from mental illness.

WHAT WE DO. We are a grassroots organization that provides services to all communities in the province such as presentations, programs, support groups, workshops and advocacy for children, youth, adults and seniors living with mental illness or those in search of mental wellness.

WHY WE DO WHAT WE DO. We do it to make a meaningful difference in the lives of those who are living with mental illness and their families and to promote mental wellness within our communities. Through education and awareness we work towards the elimination of stigma.

cmhanb.ca



Canadian Mental
Health Association
New Brunswick
Mental health for all

Association canadienne
pour la santé mentale
Nouveau-Brunswick
La santé mentale pour tous