



Health Resources

Don't forget: The month of May is World Mental Health Month – take some time to better understand what this means!

Locate the *Health Resources* page on Canada Life's *Workplace Strategies for Mental Health** site today to find tools and resources for managing your own health and wellness, as well as information for helping others. The page includes sections on:

- Where to access mental health information and services;
- How to connect to others with similar experiences;
- Improving your mental health;
- Addressing post-partum depression; and
- Much, much more.