



NEWS RELEASE

Mental Health Week Takes Place May 4 to 10

May 1, 2020

Mental Health Week is kicking off next Monday, May 4 and runs until May 10, 2020. The theme for this year’s Mental Health Week is “Five Ways to Wellbeing”.

The Five Ways to Wellbeing are Connect, Be Active, Take Notice, Keep Learning and Give. Each day there will be a focus on each wellbeing tip.

Kim McEntee, Supervisor of Mental Health & Wellness commented “Mental Health Week is being celebrated nationally from May 4th to 10th, 2020. The Northeastern Catholic District School Board is teaming up with our community partners in promoting the Five Ways to Well-Being campaign.

Five Ways to Well-Being is a set of five simple, evidence-based actions which can improve well-being in a person’s everyday life. Join us in celebrating mental health and wellbeing by incorporating the Five Ways into your daily life and promoting the campaign in your circles!”

By adopting the Five Ways to Wellbeing you can increase your life expectancy by up to 7.5 years. With one in four people today experiencing mental distress during their lifetime, there’s never been a better time for you to take responsibility for maintaining good mental health and wellbeing.



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For more information, please contact: Andrew Marks, Community Relations Officer
at (705) 268-7443 ext. 3213