

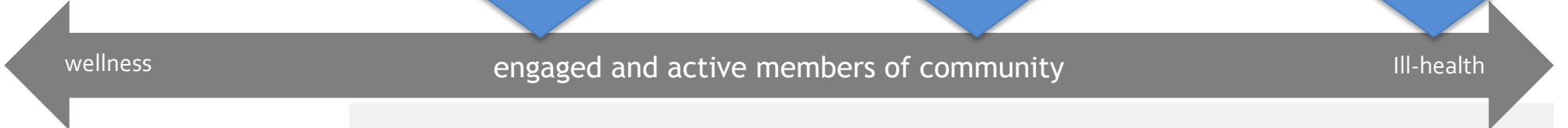
Mental Health Promotion for Everyone

Promoting wellbeing across the mental wellness/ill-health continuum in all communities

RISK FACTORS

PREVENTING ILLNESS

PREVENTING COMPLICATIONS



HEALTH POLICIES & BYLAWS

COMMUNITY ENGAGEMENT

welcoming communities; reducing social isolation; improving civic engagement; volunteerism

mentorship programs

peer support

PROMOTION & AWARENESS

how to stay healthy

how to access services

stigma reduction

EQUITY

age-friendly; employment; reducing poverty; support marginalized groups: gender, ethnicity, religious, sexual orientation

low barrier employment

LIVING ENVIRONMENT

affordable housing; accessible transit; food security; safe communities; accessible resources

public green spaces

INDIVIDUAL SKILLS

physical activity; healthy eating; positive parenting; resiliency; coping; self-efficacy

counseling/support services; community education