

# Mental Health Week

(May 5<sup>th</sup> to 11<sup>th</sup>)



The theme for the week is "Unmasking for Connection, Healing, and Hope". This theme emphasizes the importance of openly discussing mental health challenges and shedding the "masks" that people may wear to hide their struggles.

## WHAT IS MASKING?

According to the Canadian Mental Health Association, masking is hiding or suppressing something about ourselves – emotions, personality traits, behaviours, or symptoms – from others. It's a coping mechanism used to stay safe, hide in plain sight or "fit in," and we may even do it without being aware of it.

Unfortunately, when asked how we're doing, many of us respond with the socially acceptable "I'm fine" or "I'm good" even though we might be having a bad day or struggling with something bigger. Masking can be heightened for people with mental health or addiction struggles who often wear that "I'm fine" mask every day and, over time, constant masking can lead to other or worsened mental and physical health concerns.

## How can FCSS help?

The professional staff at FCSS support residents of all ages by giving them the tools, confidence, and connections to help individuals find the strength to "unmask". The FCSS team are here to help you, your neighbours, and/or family members to build strong relationships and a strong sense of self. FCSS offers a variety of programs and services that meet individuals where they are at through an empathetic and inclusive approach.

FCSS Counsellors can support residents to navigate life's challenges. For more information about FCSS programs and services or to book an appointment, please visit our website at [www.fcss.ca](http://www.fcss.ca) or call (587) 370-3728.

For more information visit [www.cmha.ca](http://www.cmha.ca).

Submitted by:  
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