



Understanding Mental Health

Text on Screen: Heart Disease
1 in 25

Narration: 1 in 25 Canadians live with heart disease.
Most see a doctor and receive treatment.

Text on Screen: Mental Illness
5 in 25

Narration: 5 in 25 Canadians live with mental illness.
Less than half seek medical attention.

Text on Screen: Disease of the brain.
Not made up.

Narration: Mental illness is a disease affecting the brain.
It's not a character flaw or made-up diagnosis.
It affects children, adults, and seniors.

Text on Screen: It affects us all.

Narration: It affects us all.

Text on Screen: Sad
Anxious
Tired

Narration: We all have days when we may feel sad, anxious, or tired.

Narration: Sometimes we think we can fix it ourselves.

Text on Screen: When to ask for help?

Narration: But how do you know when to ask for help?



Text on Screen: Feeling like this for more than 2 weeks
+
Hard to work
+
Hard to enjoy friends and family
=
SEE A DOCTOR

Narration: If you're feeling like this for more than 2 weeks, and you're finding it hard to work or enjoy your friends and family, you should see a doctor.

Text on Screen: Signs of depression and anxiety

Narration: Signs of depression and anxiety.

Text on Screen: Under or oversleeping
Fatigue
Weight changes
Reduced interest in favorite activities
Difficulty concentrating
Thoughts of Hopelessness
Worthlessness
Self-harm – Suicide
Prolonged sadness or anxiety
Overuse of Alcohol or other Substances
Unexplained aches and pains

Narration: The most common forms of mental illness include under or oversleeping; fatigue; weight changes; reduced interest in favorite activities,; difficulty concentrating; thoughts of hopelessness, worthlessness, death, or suicide; prolonged sadness or anxiety; overuse of alcohol or other substances; unexplained aches and pains.



Text on Screen: HELLO [Name]

Narration: Your doctor may suggest medication, counseling or psychotherapy, support groups, meditation, healthy diet, and exercise.

Narration: With treatment and ongoing support, you can recover and lead a healthy, productive life.

Text on Screen: The first step is asking for HELP

Narration: The first step is asking for help.

Text on Screen: Manulife logo

Workplace Solutions for Mental Health

www.manulife.ca/mentalhealth

Manulife, the Block Design, the Four Cubes Design, and strong reliable trustworthy forward-thinking are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license.