

Mental Health Support - PSAC North H&S Conference – *Solid Foundations*

Mental health and wellness are an important part of overall wellness and well-being, and it is extremely important to take care of our mental health.

We all have mental health!!!

Mental health issues can affect people of all ages, income and education levels, cultures, religions, and in all types of jobs. Managing stress and anxiety can be difficult.

The onsite Mental Health Support person is **Ebube Ojukwu, (204) 813-6546.**

Throughout the conference if you wish to speak with Ebube please call the above number. You may speak in person or by telephone. Strictly confidential.

