



Do you have a support
network?

TOGETHER, WE CAN BUILD ONE

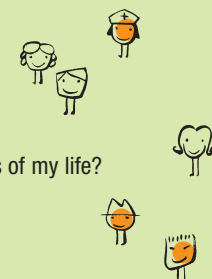
ADULTS

The illustration shows a central figure with a simple smile, surrounded by a heart-shaped cluster of diverse, colorful stick figures. More stick figures are scattered around the heart, some holding hands, representing a community or support network. The background is a light green gradient with a thin orange bar at the top left.

Many scientific studies demonstrate the importance of social connections as a component of happiness. This relationship between happiness and social connections is complex and merits consideration.

- Am I surrounded by people that I can count on?
- Who are the people that make up my entourage (work, family, leisure, friendships, spirituality, social commitment, etc.)?
- How do I provide help to others?
- What actions could I undertake in order to develop, maintain or strengthen my relations in various aspects of my life?

être bien dans sa tête .com



Rejean Paquin design communication

The energy of an association! The strenght of a network!

Bas-du-Fleuve | Chaudière-Appalaches | Côte-Nord | Haut-Richelieu | Lac-Saint-Jean | Montréal | Québec | Rive-Sud de Montréal | Saguenay | Sorel/Saint-Joseph/Tracy |

Presented by: **la Division du Québec**
**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**
CANADIAN MENTAL
HEALTH ASSOCIATION

Thanks to our sponsors



Graciously translated by First Nations Of Québec And Labrador Health And Social Services Commission.

