Mental health is a resource for living. Mental health is more than the absence of mental illness. Mental health is a positive concept. Mental health is our ability to manage life in ways that help us cope with stresses and reach our goals. Mental health is closely tied to physical health. Mental health is “the capacity of each and all of us to feel, think, act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual well-being that respects the importance of culture, equity, social justice, interconnections and personal dignity.” Mental health can also be called “mental or emotional wellbeing,” “emotional health,” “flourishing,” or “mental wellness.” Mental health is a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Mental health is distinct from, but related to, mental illness. Mental health is a component of overall health. There is no health without mental health.

For more information:
www.porticonetwork.ca/web/camh-horc