

# men-tal health

noun

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**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.norticonetwork.ca/web/camh-horc](http://www.norticonetwork.ca/web/camh-horc)

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Provincial System  
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