

# Wellness



Jeffery Hale  
A Community of Care

[www.jefferyhale.org](http://www.jefferyhale.org)

## Community Services highlights Mental Health Week

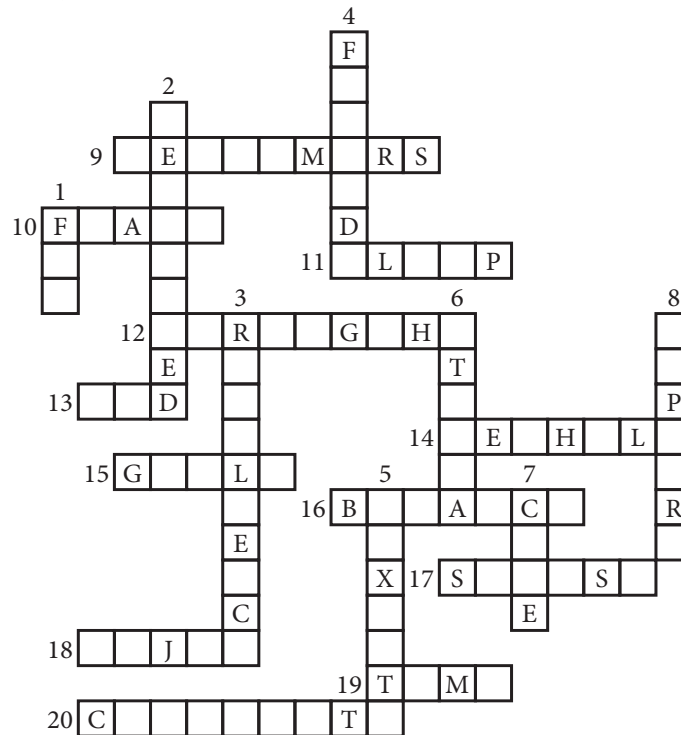
**T**o highlight Mental Health week (May 7 to 13), Jeffery Hale Community Services' has put together a crossword to help promote good mental health and identify some common issues.

We need to take care of our mental health each day by doing basic things like eating right, exercising, getting enough rest, taking time to relax, connecting with others. Although these tips

are good, sometimes we may need a little extra help... If you need support, please call us at Jeffery Hale Community Services.

Life can present challenges, such as adapting to a new life in Quebec, problems in relationships, coping with illness, dealing with addictions, etc.

At Community Services, we strive to promote overall health and well being. Our mental health team is here to help you.



## Crossword puzzle

### Down (left to right)

1. Amusing; 2. Feeling down, blue, or hopeless; 3. Allows us to bounce back from difficult situations; 4. People who bring joy into your life; 5. The most common type of mental health issue; 6. Discrimination around mental health problems; 7. Being compassionate; 8. An essential part of getting through challenges.

### Across

9. People who have recently arrived in Quebec; 10. Unpleasant feelings we can overcome; 11. A period of rest for the body and mind; 12. What one uses to get through difficult situations; everyone has them; 13. Feeling unhappy; 14. May make it easier to get through a situation (2 words); 15. Something that you hope to achieve; 16. A good ingredient to achieve better mental health; 17. Your body's way of responding to any kind of demand; 18. To receive pleasure or satisfaction; 19. It's important to manage it for good mental health; 20. A place where I belong.

**Solution:** Please visit our website's What's New page

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CLSC-type health and social services in English

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