

Update: May 4, 2020

This week marks Mental Health Week in Canada, and more than ever it is a week of incredible significance. The pandemic has fundamentally changed so many aspects of how we live, work and connect with each other. We are in an incredibly tumultuous time, and every single one of us has been affected. [Half of Canadians](#) say that their mental health has worsened as a result of COVID-19.

We all know how important it is to keep ourselves safe physically during the pandemic, but it is equally important to take care of ourselves mentally. The Canadian Mental Health Association's theme for this year's Mental Health Week, #GetReal, recognizes that so many of us will automatically answer "I'm fine, thanks" if asked how we're doing, when the truth is usually far more complicated. So many of us have been struggling with our mental health during this crisis, and many have forgone treatment and support due to physical distancing concerns or lack of available services.

For CBI Health, mental health has always been an integrated part of what we do. As we've transformed our services into a hybrid model of in-person and virtual care, mental health has remained a key pillar of our integrated care model. Every day, our multidisciplinary teams of mental health experts are providing much needed support to our clients across the country as we work through this new reality together.

We know it is important to take care of ourselves too. We are doing our best to support our employees, both at work and at home. We are sharing inspiring stories and practical tips from our team of mental health experts, and offering extra support so that our staff feel safe and supported as they continue providing care to the people who are counting on us.

Mental health needs to stay a priority for all of us, now more than ever. This week, I encourage everyone to follow CMHA's advice and connect with friends, coworkers and loved ones about how you are really feeling. We are all in this together, and together we will get through it. Take care of yourselves, be safe and stay well.

Take care, be safe and stay well.

Jon Hantho
President & CEO, CBI Health