


Growing...Mental Well-being *In Your Community*



Mental Well-being

- ▶ **Emotional well-being** – emotion/feeling
 - ▶ **Psychological well-being** – positive functioning
 - ▶ **Spiritual well-being** – meaning and purpose in life
 - ▶ **Physical well-being** – physical health and fitness
 - ▶ **Social well-being** – relations with others and society
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Mental well-being can be thought of as our ability to enjoy life, deal with challenges and life events, our emotional and spiritual well-being along with positive and meaningful social connections to others.

Adapted from Canadian Institute for Health Information, *Improving the Health of Canadians: Exploring Positive Mental Health*, (Ottawa: CIHI, 2009).

Mental Health Promotion

Target Groups

- ❑ Individuals
- ❑ Families
- ❑ Community

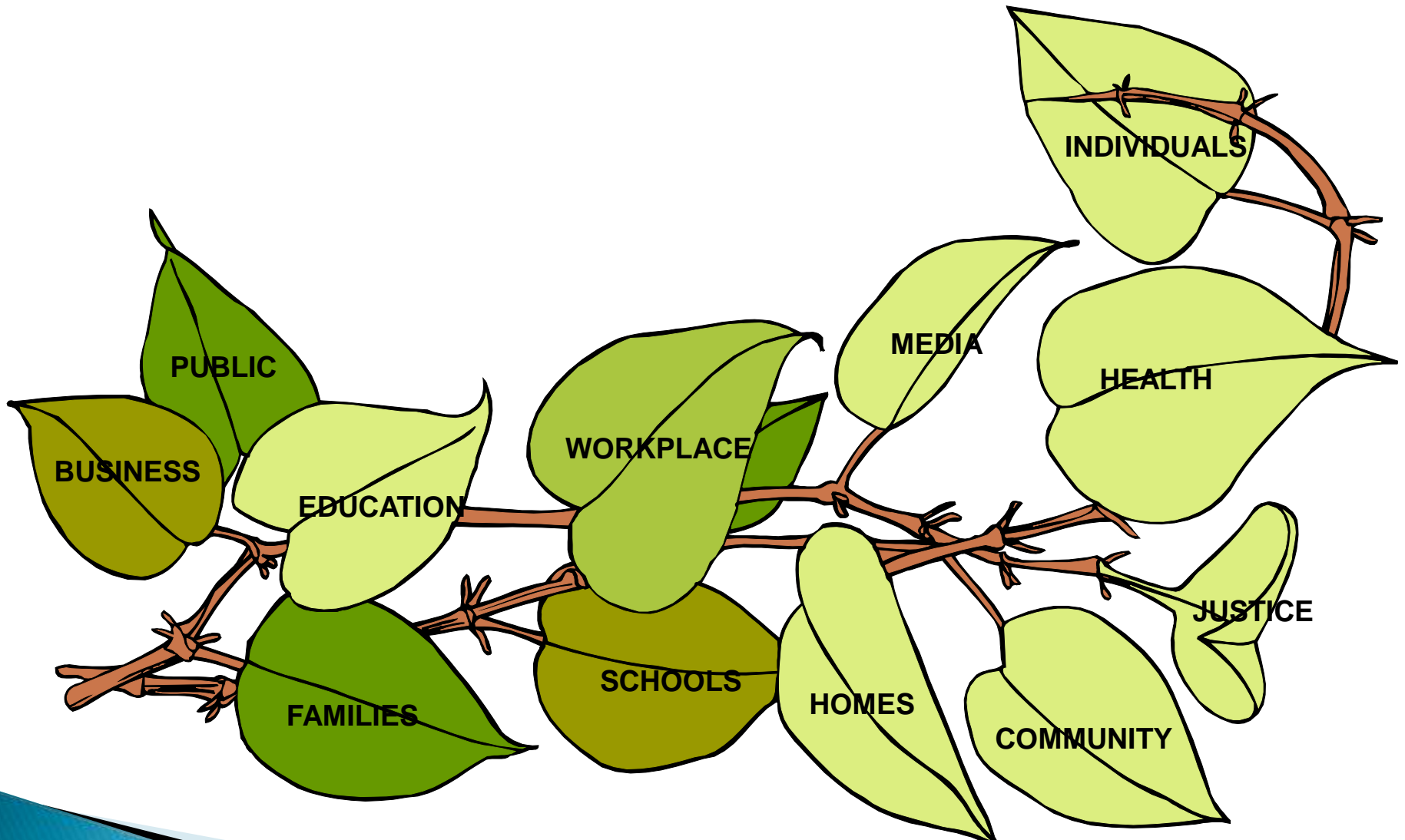


Settings

- ❑ Schools
- ❑ Workplaces
- ❑ Homes
- ❑ Community



“The findings show that a long-range view is required – one that weaves through, among and across the various sectors.”



Canadian Institute for Health Information, *Return on Investment—Mental Health Promotion and Mental Illness Prevention* (Ottawa, Ont.: CIHI, 2011).

