

A whole day  
in your PJs

**Not a problem**



Many days in  
your PJs

**Problem**



When mental health becomes  
a problem, there's help.

For many of us, it's not always easy to  
know when our mental health is at risk.  
We have ups and downs, and get used to  
having a few bad days here and there.

Sometimes we're the last ones to notice  
our quality of life slipping.

As part of **Mental Illness Awareness  
Week, Oct 2-6, 2016** we encourage you  
to check in on your mental health with our  
five-minute quiz.

Check in on your mental health at  
**[bouncebacktoday.ca](http://bouncebacktoday.ca)**



**Canadian Mental  
Health Association**  
British Columbia  
*Mental health for all*