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