



# Stressed out? Feeling Down?

You can improve your mental  
wellness. **We can help!**

- ✓ **FREE** and **CONVENIENT** services in multiple languages for adults (18+)
- ✓ Better manage low mood, stress or anxiety
- ✓ Ontario Structured Psychotherapy services available in-person and virtually

Get started today:  
[osp-cmha.ca](https://osp-cmha.ca)



Ontario  
Structured  
Psychotherapy



Canadian Mental  
Health Association  
*Mental health for all*



ACROSS  
BOUNDARIES



**HONG FOOK**  
MENTAL HEALTH ASSOCIATION





# 压力大吗？ 心情低落？

您可以改善您的心理健康。  
我们可以提供帮助！

- ✓ 免费为成人（18 岁以上）提供多种语言的免费便捷服务
- ✓ 更好地管理情绪低落、压力或焦虑
- ✓ 安大略省结构化心理治疗服务可提供面对面和线上的服务

立即开始：  
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