Mental Health

Mental health is key to our well-being. We can't be truly healthy without it. It involves how we feel, think, act, and interact with the world around us. Mental health is about realizing our potential, coping with the normal stresses of life, and making a contribution to our community. It may be more helpful to think of good mental health as thriving. Good mental health isn't about avoiding problems or trying to achieve a 'perfect' life. It's about living well and feeling capable despite challenges. Mental well-being is bigger than the presence or absence of a mental illness. People who live with a mental illness can and do thrive, just as people without a mental illness may experience poor mental health.

NWT Healthy Communities Toolkit:
Best Management Practices & Policies

• Feeling Lonely
• Just Breath
• We Are Still Here