



Northeastern
Catholic District
SCHOOL BOARD

NEWS RELEASE

Mental Health Week Takes Place May 4 to 10

May 1, 2020

Mental Health Week is kicking off next Monday, May 4 and runs until May 10, 2020. The theme for this year's Mental Health Week is "Five Ways to Wellbeing".

The Five Ways to Wellbeing are Connect, Be Active, Take Notice, Keep Learning and Give. Each day there will be a focus on each wellbeing tip.

Kim McEntee, Supervisor of Mental Health & Wellness commented that Mental Health Week is being celebrated nationally from May⁴ to 10th, 2020. The Northeastern Catholic District School Board

