

A wooden signpost stands in a mountainous landscape. The signpost is made of two vertical wooden posts and two horizontal wooden beams. A brown, rectangular sign with a serrated edge is suspended from the top beam by two black metal brackets. The sign features the text "I FEEL ALONE & NEED SUPPORT" in white, bold, sans-serif capital letters. The background shows a range of green, forested mountains under a clear blue sky with a few wispy clouds. The lighting suggests a bright, sunny day.

**I FEEL ALONE &
NEED SUPPORT**

What's "normal?"

Whatever you're feeling
is perfectly normal.

That said, signs of good mental health include being aware of your abilities, being able to cope with the stresses of daily life, being able to work productively, and being able to participate in your community. If you feel detached from the people around you, overwhelmed by stress, or too distracted or distraught to be productive, those are all signs that your mental health may be struggling.

*Find community
resources here!*



If you see the signs, there are resources
and find community resources.

seethesigns.ca

BOW VALLEY



Wellness, Recovery & Preparedness
COALITION