

**SUPPORT CMHAMPS THIS HOLIDAY SEASON!!**

Although anxiety, depression, and loneliness may occur anytime during the year, the stress of the holidays can amplify these feelings. For those coping with mental health and addictions issues, the holidays can be a daunting, overwhelming challenge every year. That’s why CMHA Muskoka-Parry Sound offers support and information to people affected by mental health and addictions issues – so no one needs to feel alone in their struggle.

This holiday season, CMHA Muskoka-Parry Sound is working to help those in need by offering a crisis line 24/7 during the holiday season as well as sited staff at the local hospitals.

CMHA Muskoka-Parry Sound works daily to promote mental health, recovery and resilience in the community, but we can’t do it alone. You can support CMHA Muskoka-Parry South this holiday season by making a donation. Your gift will help CMHA Muskoka-Parry Sound assist people experiencing mental health and addictions issues, including help for their families and caregivers, to access information and support as soon as they need it.

During this season of giving, you’ll be making a meaningful gift to many people across Ontario

who will cope with a mental health and/or addictions issue in the coming year. Please donate today.