

## MEDIA RELEASE

For IMMEDIATE release .... August, 2008

### Local mental health web site has makeover

Canadian Mental Health Association/Peel Branch's web site has a new look. "Our web site [www.cmhapeel.ca](http://www.cmhapeel.ca) has had a makeover," says CMHA/Peel CEO Sandy Milakovic.

Why the makeover? "One of our core services is mental health promotion," says Milakovic. "Having a web site that's attractive, easy to navigate, and available 24 hours a day helps us to do our job."

What's changed? "Information about all of our programs is only a click away now," says Milakovic. On the home page visitors will find a mental health tip in the top right corner, which changes after each click. There are also photographs that represent each city/town in Peel Region. In addition, there are interactive quizzes, "quick links" to resources, an online library, and a brand new menu item.

"*Recovery* is a new menu item. It's also highlighted in one of the boxes on the page. Its significant presence shows just how important the *Recovery* philosophy is to CMHA/Peel. Meaning many things to many people, the author of a poem on the site writes that *recovery* "means hope for a new future." We are encouraging participation from people who have a recovery story to share. If you, or someone you know has one, please contact us at [info@cmhapeel.ca](mailto:info@cmhapeel.ca) With author's permission, we plan to publish a sampling on the web site at a later date."

Also prominent on the home page is *Mental Health Works*, a training program for employers and employees about mental illness in the workplace. "Given predictions that depression will be the second leading cause of disability in 2020, we can expect mental health in the workplace to become a key management issue in the years to come," says Milakovic. "We offer eight shorter and one full-day presentation/training sessions about mental illness in the workplace. Our next full-day session designed for managers is on October 24, 2008."

"Check us out," invites Milakovic. "Let us know if you like our new look! And check our site for upcoming events/training and information about mental health."

**CMHA/Peel enhances the well being of all people in our community by promoting and supporting good mental health ~ serving our community since 1962**

*Promoting mental health, one mind at a time*