

**Mental Health Report submitted to 19D Cabinet meeting for Aug 21, 2022**

**Hello to DG Deb and my fellow cabinet members.**

**My name is Sandra Welton.**

**I am with the Chase Lions Club, and I am their Medical Chair. I enjoy helping others and serving my community by loaning and delivering needed medical equipment.**

**I am a relatively new Lion but I am a strong advocate for Mental Health.**

**Did you know that 1 in 3 people will struggle with Mental Health in their Lifetime. About 17% of British Columbians ( approx 800,000) are experiencing a mental health illness or substance use issue today. An estimated 84,000 children and youth in BC have a diagnosed mental disorder, yet less than one-third of those children who seek help are receiving mental health services.**

**This year the theme for Mental Health month in May was “ Back to Basics”**

**After two years of pandemic living, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well being.**

**No everyone is sick, they might just suffer from depression or anxiety, and just need to know that someone is there to talk to, to visit. Sometimes a simple chat, a cup of coffee, or a warm hug is all that is required to help someone in need. We all have busy lives, but try to take a few minutes to check in with friends and family.**

**Thank you. See you all at the meeting.**

**Sandra Welton**

**19D Cabinet Mental Health Chair**