

Look down the street. Through every window, light spills out onto the snow.

Inside a home, it is Christmas dinner. The table is beautiful; the silverware gleams and the turkey is golden. The side dishes are artistically arranged and the candlelight gives everyone's faces a warm glow.



It is so perfect it could be a movie set.

But we know its not a movie set. This is real life.

The turkey almost burned and behind everyone's artfully lit faces, internal struggles are going on. Anxiety, depression, trauma and difficult relationships are all unwanted guests at the table.

Statistics tell us that one in five Canadians experience mental health issues. These statistics aren't just numbers, they impact our own neighbourhoods.

We recently talked to people in our community and asked what it felt like when they or a family member are facing a mental health issue. They told us it can be frightening, that they don't feel equipped to handle the challenges and don't know where to turn.

I felt overwhelmed and alone. I wasn't sure my family or friends would understand. I felt lost and didn't know where to start.

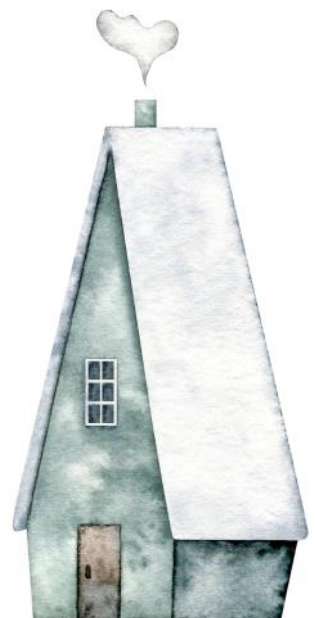
Mental health matters. Mental health issues affect not only the person, but spill out to affect relationships, families and communities.

But we know that prompt, compassionate, professional mental health services and supports can be life changing and give hope for the future.

(It was) very freeing to actually talk about it and open those floodgates of emotions and feelings that have been buried for so long.

Unfortunately, finding affordable mental health services can be difficult. People struggle to find the care they or their family member needs.

Economic pressures are making these struggles even more acute as budgets are strained and families must carefully choose what to prioritize.



It's hard enough to have the energy and headspace to tackle the issue; when cost is a factor, it becomes overwhelming. It can also be a barrier in that when there are out of pocket costs it becomes an excuse not to get the help needed.

These struggles are happening right in our own neighbourhoods. Perhaps even with people around our own Christmas tables

....most people at some point in life struggle in some way with their mental health. In today's world filled with relentless stress and trauma we all know a friend, colleague or family member struggling with anxiety or depression or other mental health concerns.

Eagles Nest makes getting mental health easier. For over 20 years Eagles Nest has been helping people care for their mental health, providing counselling, coaching and support programs to adults, youth and children.

Our services are fully subsidized or low cost because we think everyone should be able to care for their mental health. The generosity of our donors and supporters makes this possible.

This Christmas, will you come sit at the table and help someone find the mental health services they need? To help sustain our existing mental health services, our goal this season is to raise \$35,000. Every \$50 donated provides one hour of mental health services. A donation of \$200 provides someone with a month of services.

Your donation leaves a legacy of change in your community. Your donation will not only provide someone with the help they need today, but it will also help develop tools and coping skills for the future, impacting relationships, families and neighbourhoods.

Will you donate and make an impact today?

Thank you for giving someone in your community life changing hope for the future.

Eagles Nest

