

ECHO Key Messages

Emergency and Community Health Outreach



Key Messages for ECHO Show #12 “MENTAL HEALTH CARE DURING CRISIS”

Translation Deadline: Monday, May 16th, 2005

Translators: please contact Larry if you have any questions. Good luck with your work!

Number 1: A crisis or emergency can put a great burden on you, your family and the community but there is help available

Number 2: Be alert for signs that the pressure may be too great affecting how you feel emotionally

Number 3: Seek strength and support from health care professionals, family and your community, culture and customs