

ACKNOWLEDGING MENTAL HEALTH

THE FACTS MENTAL HEALTH

Includes our emotional, psychological, and social well-being. The experience of incarceration can lead to depression, anxiety, and post-traumatic stress disorder (PTSD), in both the individual and their families. Sadly, there is a stigma and shame associated with being incarcerated that can make it difficult to reintegrate.

YOU ARE NOT ALONE

41%

of incarcerated individuals are affected in Canada

100%

of their families and friends are affected mentally

WHY IS IT IMPORTANT?



it impacts how you interact with others, how your families see the world and the chances of reincarceration.

FIRST STEP: ACKNOWLEDGE IT

There is a stigma about mental health. But do not let it stop you from realizing you may have it. The shift for families and incarcerated individuals is difficult. So look for some resources.

DO NOT BE AFRAID TO SEEK HELP.

You can start here:
CIFFCONSULTING.COM

REFERENCES

<https://www.cdc.gov/mentalhealth/learn/index.html>
<https://www.globalresearch.ca/how-incarceration-impacts-prisoners-their-families-mental-health/5796808>
<https://johnhoward.on.ca/wp-content/uploads/2021/01/Broken-Record.pdf>

