



## Mental Health resources launched

News

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In October 2020 CCHA in partnership with MacEwan Nurs 424 students conducted a Mental Health survey for Canadians living with CHD. The survey results indicated that an astonishing 88% of adults living with CHD said they had experienced mental health challenges at some point.

As a result, CCHA has compiled a list of mental health resources across Canada, they can be accessed at <https://www.cchaforlife.org/mental-health-resources>

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