

Daniel Whitehead

CEO, Sanctuary Mental Health
Ministries

*A Christian Perspective on Mental Health
& Building A Flourishing
Culture in Organizations*



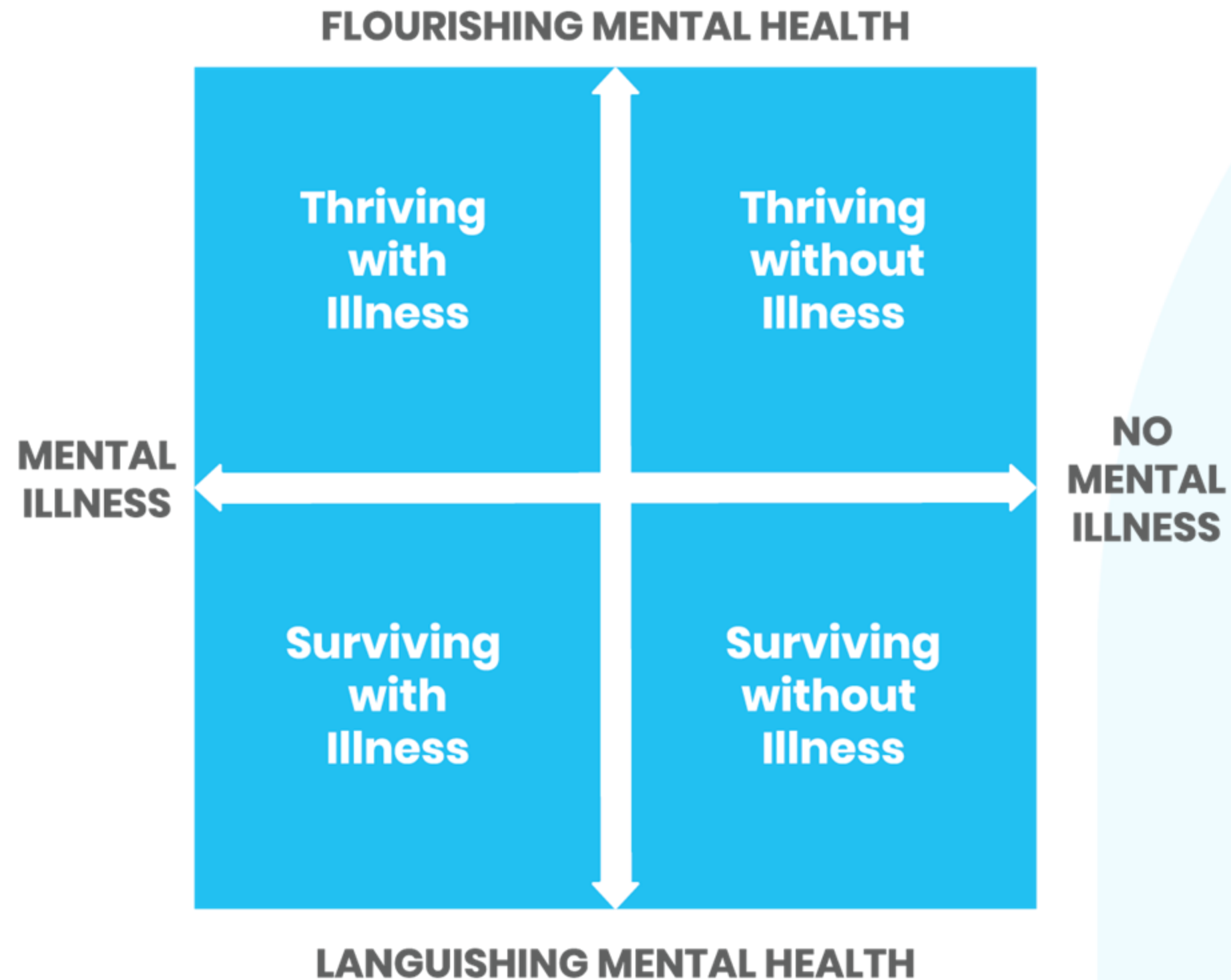




DEFINITION: MENTAL HEALTH

The **Public Health Agency of Canada** defines mental health as “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual wellbeing that respects the importance of culture, equity, social justice, interconnections, and personal dignity.”

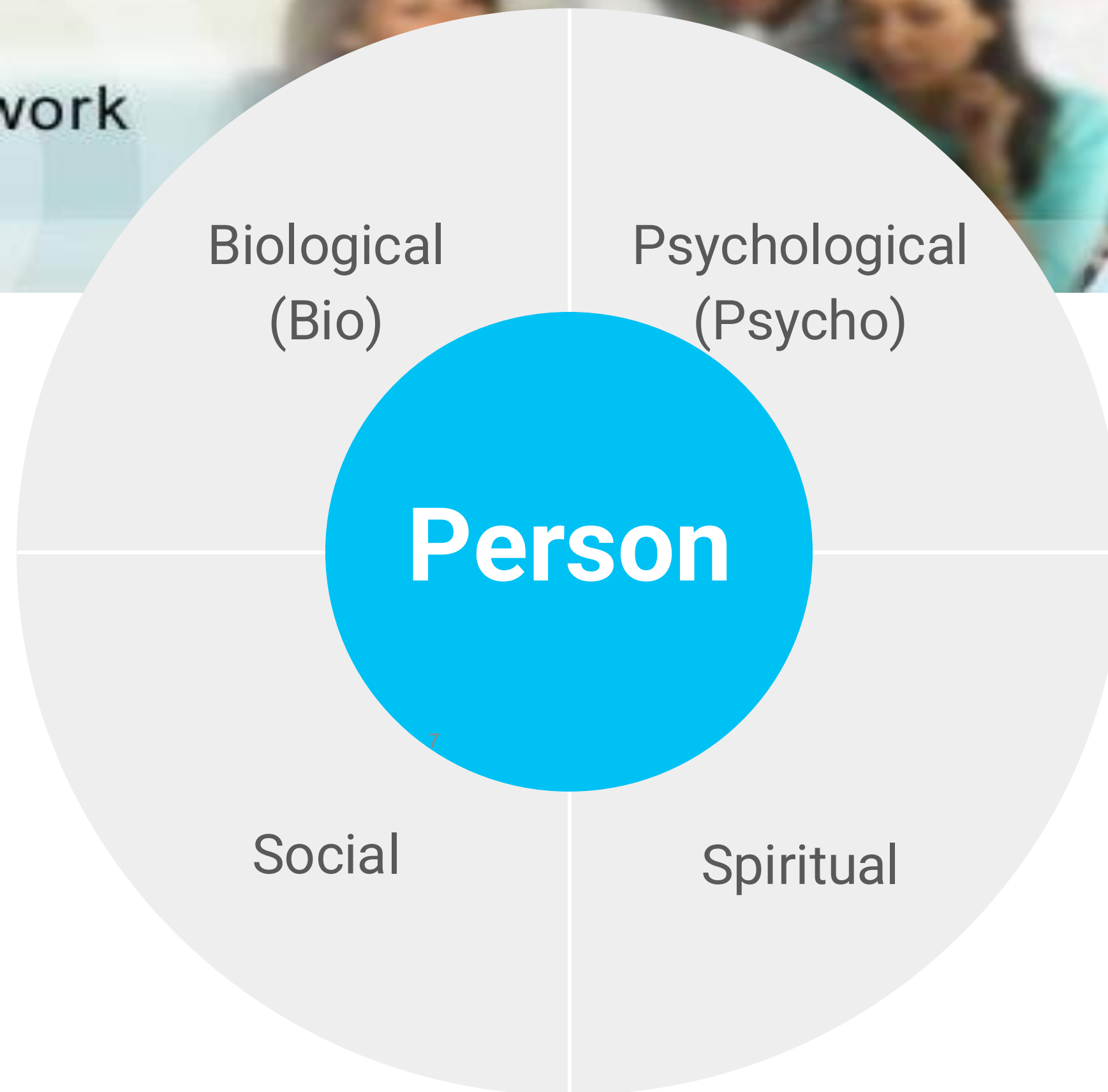
THE MENTAL HEALTH CONTINUUM



Transformational
Business Network



Transformational Business Network



DEFINITION: MENTAL HEALTH

The **Public Health Agency of Canada** defines mental health as “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face. It is a positive sense of emotional and spiritual wellbeing that respects the importance of culture, equity, social justice, interconnections, and personal dignity.”

THE MENTAL HEALTH CONTINUUM

