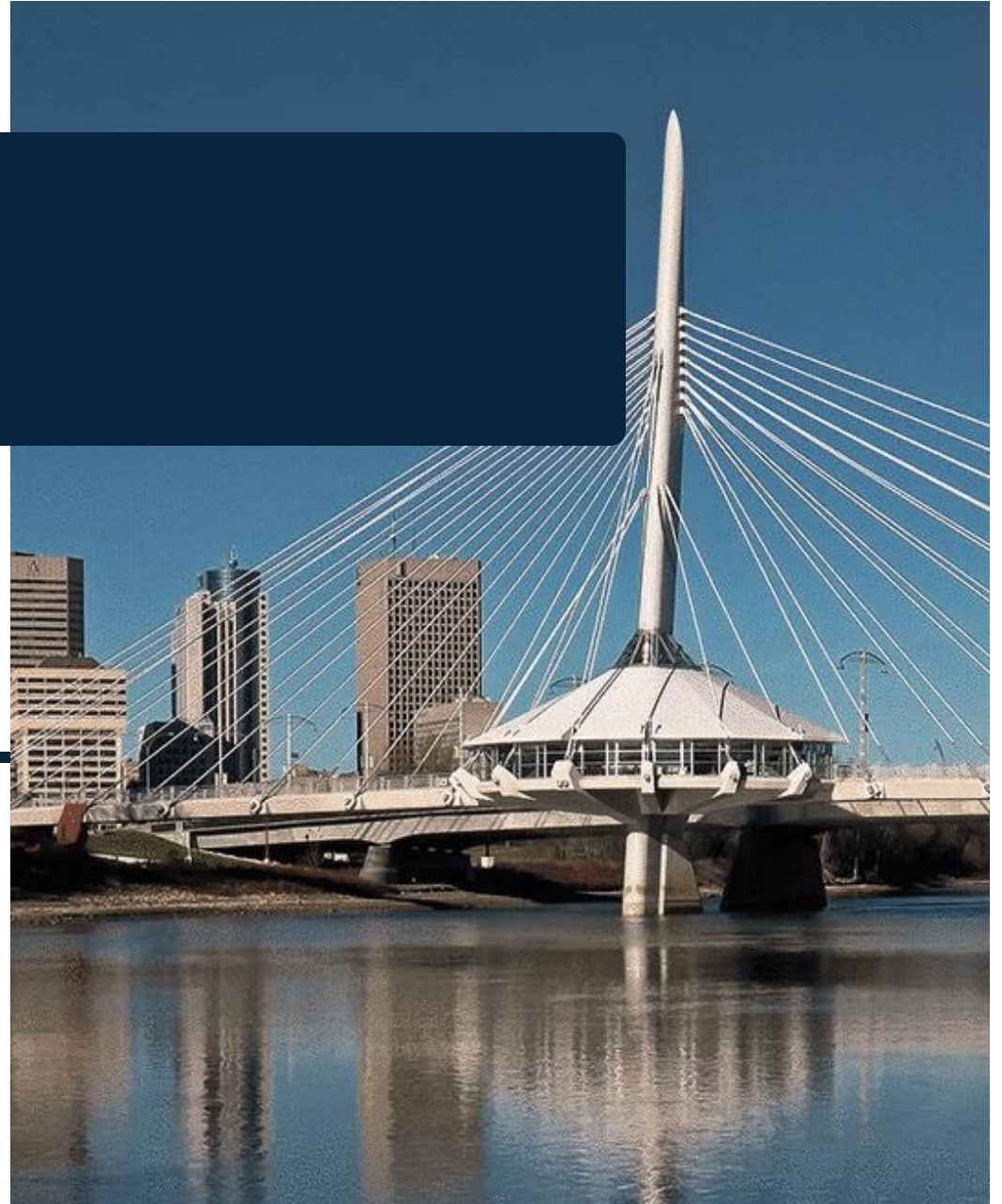


Daniel Whitehead

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

ELO 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

