



Ottawa Public Health launches “Have That Talk” mental health video campaign



Ottawa Public Health is pleased to launch the “have THAT talk” campaign. This includes a mental health video series created to give parents more information about mental health. The series covers where to get help and how to talk to children and youth about mental health. The program was launched on Bell Let’s Talk Day.

Mental health problems affect 1 in 5 Canadians. Also, 75% of all of these problems start before the age of 24 years. Parents can watch these videos at www.haveTHATtalk.com to learn how they can talk about stress, coping, depression and when and where to get help. Please share these videos through [Facebook](#), [Twitter](#), or email. By talking openly about mental health, parents can help their children and youth become healthy and resilient adults.

For more information contact Ottawa Public Health at 613-580-6744 or visit www.ottawa.ca/health and www.haveTHATtalk.com.