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## **Nurse's Week 2020 theme - Nurses: A Voice to lead**

### **Nursing the World to Health. CFMHN wants to hear from you!**

Share your stories of inspiration...

The Canadian Federation of Mental Health Nurses is looking for mental health nurses and/or registered psychiatric nurses to reach out and tell your story of strength and resilience in these uncertain times. How are you as a professional, a caregiver, a community member, juggling all of your different competing roles at the same time while still ensuring that you make time for your own self-care? How are you making your mental health a priority? How are you encouraging others to do the same? Self care is not selfish, and we want to hear inspirational stories of how we can promote it!

Contact us at [CFMHN@fse1.ca](mailto:CFMHN@fse1.ca) to provide us with your story.



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