

# LIVE WELL WORK WELL



Health and wellness tips for your work and life—  
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## Youth Depression and Where to Seek Help

According to a recent study by Statistics Canada, about 11 per cent of Canadians aged 15 to 24 reported experiencing depression at some point in their lives. More concerning still is that fewer than half of these individuals sought the help they needed.

The report, which was based on responses from over 4,000 participants, also found that depression symptoms were most likely to interfere with an individual's social life, close relationships and schoolwork.

If you or someone you know is experiencing symptoms of depression or thoughts of suicide, it is important to seek help.

The following are just a few available resources:

1. [The Canadian Association for Suicide Prevention](#)
2. [Kids Help Phone](#)
3. [The Canadian Mental Health Association](#)

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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## February is Heart Month in Canada

February is heart month, which is sponsored by the Heart and Stroke Foundation of Canada. Heart diseases and strokes are a leading cause of death for Canadian men and women. In fact, there are an average of 70,000 heart attacks in Canada each year.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly.
- Refrain from smoking.
- Maintain a healthy weight.
- Limit your sodium intake.
- Eat a well-balanced, healthy diet.
- Exercise regularly.
- Manage your stress levels.
- Limit your alcohol intake.

In addition to following the advice listed above, it's important to know the warning signs of heart attacks and strokes. Seek help immediately if you are experiencing chest discomfort, chronic pain in the upper body, shortness of breath, sweating, nausea or light headedness.

If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, contact your primary physician.

