

## #ENDSILENTSTRUGGLES

### Supporting Our Military, Veterans, and Their Families in Breaking the Silence on Mental Health

Military and RCMP families are often silent pillars of strength, bearing unique and often psychological burdens. Many Veterans and their families face challenges that they rarely speak of, from mental health struggles to difficulties readjusting to civilian life.

#### Strongest Families can help!

Our #EndSilentStruggles campaign is committed to reaching out to these communities, creating safe spaces for Military, Veterans (CAF & RCMP), and their families to find understanding, support, and mental health resources.

#### Why #EndSilentStruggles?

Despite their incredible resilience, these families often feel isolated and hesitant to reach out for help. The stigma surrounding mental health within the military and RCMP can prevent individuals from seeking support, which can impact families, relationships, and long-term well-being. #EndSilentStruggles aims to break down these barriers, providing evidence-based resources so that no one has to face these struggles alone.

#### Our Goals

**Empowerment:** Encourage all Veterans, military members, and loved ones to seek support.

**Stigma Reduction:** Foster open dialogue on mental health; encourage leaders to model mental wellness.

**Community Building:** Strengthen support for service members and families, promoting resilience and understanding.



#EndSilentStruggles: Supporting  
Those Who Serve or Have Served.

### How You Can Support the #EndSilentStruggles Campaign



Join the conversation online by sharing your own journey or words of support using #EndSilentStruggles.



Encourage a Military or Veteran family member to take that first step toward mental health support.



Help us spread the word by sharing our campaign and connecting others to the campaign.

---

**Together, we can end the  
silence and provide Veteran  
Families with the support  
they deserve.**

---

Visit us at <https://ess.strongestfamilies.com>