Wishing You Health & Joy This Holiday Season

As 2021 draws to a close, we at ECHOtape are feeling so very grateful. Grateful for your extraordinary support, our exceptional team, and the outstanding communities in which we work and live.

It is this spirit that we find ourselves reflecting on how we can give back. As many of you know, in lieu of sending cards and gifts to our partners during the holiday season, we choose to donate our holiday budget to a charity geared to helping others. This is a tradition we have proudly kept for more than 25 years, generously supporting such charities as The Red Cross, Habitat for Humanity, Doctors Without Borders, and more.

This year, we have selected the **Canadian Mental Health Association** and **Mental Health America** to benefit from our donation!



During these last 18 months, the issue of mental health roared to the surface, affecting all of us in a myriad of ways. Along with the physical health impacts of the disease, COVID-19 has led to self and social isolation, disconnection from family and friends, quarantine and lockdown resulting in more people experiencing feelings of helplessness, isolation, grief, anxiety and depression. Demand for health support services has increased exponentially, and **CMHA** and **MHA** are working overtime to offer tangible resources and support to men and women experiencing mental health challenges.

The holidays are still not as they were, but we hope the important things remain—spending time with loved ones, sharing joy and giving back however we can. We hope that through our participation, we can make a difference. And please… if you are struggling with mental health issues, we are always here to listen.

We wish you good health, happiness, and peace in a new year filled with hope. Seek out what brings you comfort and do more of what brings you joy.

Happy Holidays from all of us at ECHOtape.