



The Better Way to Pay.

## **Media Release**

May 5, 2014

### **Telpay Embraces The 63<sup>rd</sup> Annual Mental Health Week**

Have you ever heard someone say “*I’m fine,*” but deep down you know they are not. It can be a loved one, friend or even a colleague. What they really meant was “*phine*”... which means not fine at all. The reality is that 20% of our population lives with stress, depression and other forms of mental illness. Sadly many don’t seek treatment because of the stigma and discrimination associated with mental illness.

This week is the Canadian Mental Health Association’s (CMHA) 63<sup>rd</sup> Annual Mental Health Week May 5<sup>th</sup> -11<sup>th</sup>. This year’s theme is ***Be Mind Full*** and the goal is to start a conversation with Canadians by asking them how they really feel? By talking about mental health, we can create a safe, compassionate and supportive environment, so people don’t have to hide their mental illness at home or in the workplace.

As a proud 2013 Hero of Mental Health in the Business Category, Telpay is embracing Mental Health Week. Activities include yoga, a walking challenge and daily mental health tips. At Telpay we are not only a cool company, but a caring family. Along with activities, Telpay is encouraging a dialogue, so that everyone in our company feels safe to talk about mental health. Lisa Shaw who is the Communications and Public Relations Officer and Mental Health Advocate stated, “*Our goal is to ensure that nobody in our Telpay Family ever has to fake another I’m fine and gets the help they need.*”

#### **About Telpay**

Celebrating 28 years in the payment industry, Telpay is Canada’s business electronic payment pioneer, now processing electronic payments worth over \$14.6 billion in 2013.

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#### **Contacts**

Lisa Shaw

Communications and Public Relations

Telpay Inc.

T: 204.957.2831 | C: 204.330.3194

E: [lshaw@telpay.ca](mailto:lshaw@telpay.ca)

W: [www.telpay.ca/](http://www.telpay.ca/)