

Champions of Mental Health Awards



Champions of Mental Health Awards 2008, Great Hall, National Gallery of Canada in Ottawa.

The Seventh Annual Champions of Mental Health Awards will take place on October 7, 2009 in the Ballroom of the Fairmont Château Laurier in Ottawa. This event will bring together members of the CAMIMH network, politicians, business leaders, sponsors, and other stakeholders to celebrate the contributions of individuals and organizations who have made an outstanding contribution to the advancement of the mental health agenda in Canada.

For more information or to order a table at the Champions Awards, visit:
www.miaaw.ca

Our Sponsors

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Mental Illness Awareness Week

October 4-10, 2009

Semaine de sensibilisation aux maladies mentales

4-10 octobre 2009

Mental Illness in Canada

Mental illness affects more than six million people across the country, or one in five Canadians. Mental disorders account for five of the ten leading causes of disability worldwide. Close to 4,000 Canadians die by suicide each year and it is the most common cause of death for people aged 15 - 24. By 2020, it is estimated that depressive illnesses will become the leading cause of disease burden in developed countries like Canada.

Many Canadians with mental illnesses live in the shadows. Too few Canadians know about the burden of mental illness in our society, and too few sufferers seek help when they need it. Through the MIAW campaign, hundreds of untold stories have been shared which has helped to change the way Canadians view mental illnesses.

The MIAW campaign seeks to raise awareness of, and reduce the stigma associated with mental illnesses to show that those living with a mental illness can also lead full, rewarding, and productive lives.

Recovery is Possible.

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About MIAW

Mental Illness Awareness Week (MIAW) is an annual national public education campaign coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). Campaign elements include a national social marketing campaign, broadcast and print PSAs, the Faces of Mental Illness and the annual Champions of Mental Health Awards. This year, MIAW takes place from October 4-10, 2009.

The goal of these activities is to raise awareness about the importance of mental health promotion and mental illness treatment and prevention, to reduce the prejudice and discrimination too often associated with mental illnesses, and ensure that mental health issues stay on the national social policy agenda.

About CAMIMH

Established in 1998, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is a national voice advocating for the optimal mental health of all Canadians. Member organizations represent: consumers and their families; health care and social service providers; professional associations; and community and research organizations. Together, they constitute a strong coalition of national, provincial and community-based organizations dedicated to serving the mental health needs of Canadians from coast-to-coast-to-coast. CAMIMH's mission is to facilitate and promote the development, adoption, and implementation of a national action plan on mental illness and mental health, and to increase the mental health literacy of Canadians.

CANADIAN ALLIANCE
ON MENTAL ILLNESS
AND MENTAL HEALTH



ALLIANCE CANADIENNE
POUR LA MALADIE MENTALE
ET LA SANTÉ MENTALE

How You Can Help

Organize an Event
Create, Plan, Promote

Order Materials
Posters, Bookmarks, Brochures

Public Service Announcements
Spread the Word

Contact Government
Make your Voice Heard

Tools available at
www.miaaw.ca

The MIAW Faces of Mental Illness 2009

The stories of the *Faces* are featured here to remind us that behind the statistics are real people with friends, families, dreams and aspirations. The *Faces* are an inspiration to all Canadians.



Mark Gruchy is a criminal defence attorney in St. John's, Newfoundland. Through his early struggle with bipolar disorder, he has developed a deep empathy for people who are judged and labeled, and believes society has a moral obligation to act against stigma.



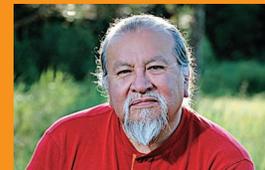
Arlene Mayes is a Mental Health Support Worker from Winnipeg. She has overcome a debilitating mental illness, agoraphobia, and is an inspirational leader who helps others find hope and become empowered by their experiences with mental illness.



Etienne Gervais is a 25 year old Quebec author from Montréal. He has a deep desire to improve the lives of others and shares his experience with borderline personality disorder so people with mental health issues do not have to feel alone.



Raija Begall is a 20-year-old student from Thunder Bay who has written a book about her struggles growing up with an eating disorder. She hopes to inspire other youth to realize their potential and to live life to the fullest.



Brian Nootchtai is a respected Elder on the Whitefish Lake First Nation in Naughton, Ontario. His experience with depression, anxiety and substance abuse led him to seek help through traditional Aboriginal healing methods to achieve balance and wellness.

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