

There is no health without mental health!

Canadian Mental Health Association, NL Division (CMHA-NL) Presents
The Mental Health Week 2010 Symposium:
“Building your mental health one support at a time”

Wednesday, May 5th 2010

9:30 AM to 12 PM in the Main Auditorium, Health Sciences Centre, St. John's

This year's Mental Health Week is focused on the importance of supports to our mental health, and their role in dealing with life's challenges and building resilience. The Symposium will be a forum for expert presenters to discuss the various support networks that Newfoundlanders and Labradorians need to cultivate in all areas of our lives.

George Skinner, Executive Director, CMHA-NL, will host the Symposium and present a CMHA National presentation about building supports for good mental health.

Heidi Edgar, Justice Project Coordinator, CMHA-NL, will address the supports that the Justice Project is providing to men with mental illnesses who are leaving Her Majesty's Penitentiary and making transitions to the community.

Lisa Zigler, Project Coordinator of NAVNET (a coordinated systems response for individuals with “complex needs” in St. John's) will discuss gaps and how moving from a fragmented system to a coordinated response will benefit those with “complex needs”, who are often not able to access the support/services they need.

Mark Gruchy, President, CMHA-NL is a lawyer in St. John's and will talk about his own personal journey with bipolar disorder and the personal supports that helped him recover. Sources of support in our everyday lives include positive relationships at work, good neighbours, ties to community, and caring relationships.

Karon-Ann Parsons, Provincial Executive Director, CHANNAL, will address messages on the topic of peer support and the recovery process, as well as its significance. A CHANNAL regional coordinator will also be attending and discussing self-help supports, and their unique role in building good mental health.

This event is free and open to the public, and will be broadcast across the province by videoconference. Media are encouraged to attend in St. John's. **For more information on the Symposium, contact Roger Baggs at rbaggs@cmhanl.ca, or 738-2182, toll free 1-877-753-8550.**

About CMHA-NL

Established in 1964, Canadian Mental Health Association, NL Division, has a long and proud history in our province. We continue to provide public education, advocacy, research and service in relation to promoting the mental health of all our citizens, and the recovery and resilience of those who live with mental illness.

CMHA-NL is an incorporated, non-profit, charitable organization with a province-wide volunteer board of directors and eight full-time staff. For more information about CMHA-NL, please visit our website at www.cmhanl.ca