

Number of document(s): 1

Document creation date: **September 20, 2007**

Created by: **Ms Bev Hiscock, Transcontinental-Newsnet**

list of articles

Margaret Trudeau to speak in St. John's

The Telegram (St. John's) - August 29, 2007..... 2

The present document and its usage are protected under these international copyright laws and conventions.

The Telegram

The Telegram (St. John's)
Provincial, Wednesday, August 29, 2007, p. A5

People/health

Margaret Trudeau to speak in St. John's Late PM's ex-wife to address mental-health fundraising dinner

Danette Dooley

Special to The Telegram

When she was married to former prime minister Pierre Elliott Trudeau, Margaret Trudeau turned heads as an outspoken young woman almost 30 years younger than her famous husband.

When their marriage ended, she continued to make headlines for such things as partying with rock stars.

Today, Margaret Trudeau admits some of her behaviour may have been linked to her then-undiagnosed mental illness.

On Oct. 1, she will speak about her struggles at a Canadian Mental Health Association (CMHA) fundraising dinner in St. John's, being held to coincide with National Mental Illness Awareness Week.

Trudeau became the youngest wife of a Canadian prime minister when she married Trudeau in 1971 at age 22. She turns 59 Sept. 10.

Her mental illness began to surface after the birth of her second son.

"It was terrifying," she recalls.

"Pierre and I did not understand what was happening to me. I just simply

couldn't stop crying and I lost the spark in myself. I lost interest and delight in life, which was very confusing for me, because I had a wonderful life. I had a beautiful two-year-old, Justin, and a new baby (Sacha) and I just couldn't understand why I felt so blue."

She was suffering with post-partum depression - a common disorder among young mothers - and didn't get the help she needed.

She continued to struggle with mental illness for almost three decades.

"After my (youngest) son died and then his father followed, my sorrow was far too deep. I couldn't pick myself up," she said of Michel's avalanche-related death in 1998 and Pierre's passing in 2000.

She was diagnosed with bipolar disorder about six years ago.

The CMHA (www.cmha.ca) describes the disorder as a chemical imbalance that causes people to have alternating mood swings from emotional highs (mania) to severe lows (depression).

"The good news about mental illnesses is that it can be treated," Trudeau said. The first step to recovery, she said, is recognizing that you do indeed need help.

While Canada's health-care system helps people in serious mental crises, Trudeau says the system is lacking when it comes to providing the care necessary for people with mental illnesses to live healthy lives in their communities.

Trudeau's visit to this province is a result of a partnership between the CMHA, Memorial University and the provincial Department of Health and Community Services.

Tickets for the Oct. 1 fundraising dinner at the Fairmont Newfoundland hotel - MC'd by actor/comedian Greg Malone - are \$150 (tax receipt issued). Tickets can be purchased by calling the CMHA at 753-8550 or toll-free at 1-866-509-3937.

The event is sponsored by Rogers, Wyeth and Evergreen Recycling, with assistance from Penney Auto Group.

danette@nl.rogers.com

Figure:

Margaret Trudeau

© 2007 The Telegram (St ; CEDROM-SNi inc.

PUBLI-C news-20070829-ET-0014 - End date: 2007-09-21

This certificat is issued to Ms Bev Hiscock for personal and temporary display.

[Back to list of articles](#)