



Hot Topics

Stigma about mental health and addiction issues can prevent people from talking about their feelings and seeking help. The "Canadian Community Health Survey: Mental Health and Well-Being" indicates that 18% of people who reported emotional, mental health or substance use issues did not seek help because "they were afraid to ask for help, or they were afraid of what others might think (Statscan 2002)."

Stigma is the focus of the upcoming CAMH in the Community event during Mental Health Week, **Stigma and Mental Illness in the 21st Century** featuring Dr. David Goldbloom (see event listing at right).

"For many people with mental illnesses, the experience of stigma and discrimination can be as bad as the symptoms of the illnesses themselves. These attitudes form early and, unchallenged, endure in a way that affects the quality of life, work, and social interaction of the one in five Canadians every year who experience some form of mental illness or addiction" explained Dr. Goldbloom. "The irony is that few groups of human problems are as common as mental illnesses, but they remain shrouded in secrecy, shame, and isolation - at the very time that people affected by them need support, connection, and hope."

Dr. Goldbloom serves as Vice-Chair to the Mental Health Commission of Canada. He works with the Commission and CAMH to combat the stigma that still surrounds mental illness and addictions, recognizing stigma as one of the biggest impediments to progress in overcoming these issues in our society today.

Local CAMH in the Community Projects

[Suicide Prevention](#) | [Research and Knowledge Exchange](#)
[Concurrent Disorders](#) | [Education and Training](#) | [System Planning](#)
[Young Women and Depression Prevention \(VALIDITY\)](#)
[Talking About Mental Illness](#) | [Seniors Medication and Alcohol Resource](#)
[Youth Mental Health Promotion](#) | [Drug Awareness Initiatives](#)
[Tobacco Free Sports & Recreation](#) | [Prevention Program for Families](#)
[Anti Stigma Programs](#)

CAMH Resources

Events

CAMH in the Community presentation: **Stigma and Mental Illness in the 21st Century**, May 5, 2009, 1pm - 4pm at the Waterfront Centre, 555 Bay St., North Hamilton, Ontario. **Please register** for this free event ASAP to reserve your seat. [more>](#)



Dr. Goldbloom

Dr. Goldbloom is the Senior Medical Advisor, Education and Public Affairs, at CAMH and Professor of Psychiatry at the University of Toronto.

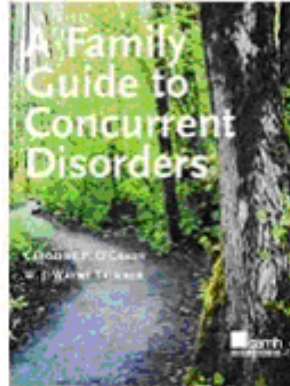
Announcing a new information sharing website resource: [LHIN Exchange](#)



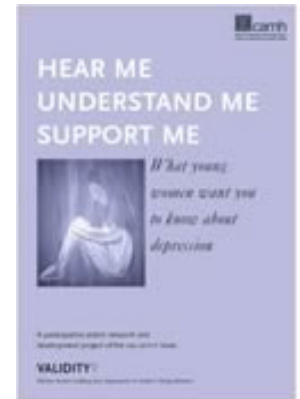
[Stigma brochure](#)



Beyond the Label:
Impact of [Stigma](#)



Family Guide to Concurrent
Disorders, Chapter 6: [Stigma](#)



Hear me, Understand me,
Support me: [Stigma](#)

[Talking About Mental Illness:](#)

Awareness program proven to be effective in reducing the stigma of mental illness

[CAMH Research](#)

Students' Perceptions of Shame Associated with Addiction, Gambling, and Mental Illness [more>](#)

More Students Embarrassed by Family Drug Addiction than by Schizophrenia [more>](#)

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