



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, **Stigma and Mental Illness in the 21st Century** featuring Dr. David Goldbloom (see event listings 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

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.

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

Local CAMH in the Community Projects

Events

CAMH in the Community presentation: **Stigma and Mental Illness in the 21st Century** - Thursday, June 11, 2009, from 1 - 4 p.m. at the Holiday Inn Kitchener. **Please register** for this free event ASAP to reserve your seat. [more>](#)

Youth, Drugs and Mental Health

May 14, 2009
Training will include discussion on screening and assessment, integrated treatment and support, motivational interviewing and stages of change. For more information, please contact [Kim Baker](#)

Addiction and Mental Health Open House

June 24, 2009 from 1:00 - 5:30 p.m.
Luther Village, Waterloo
A showcase of local addiction, mental health and concurrent disorder services. Learn more about available programs and services. For more information or to reserve a display space, please contact [Kim Baker](#)

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

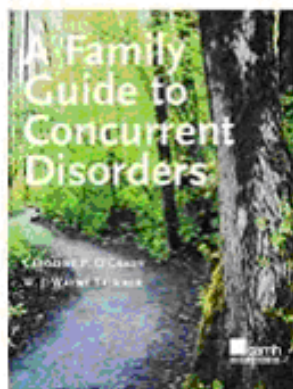
CAMH Resources



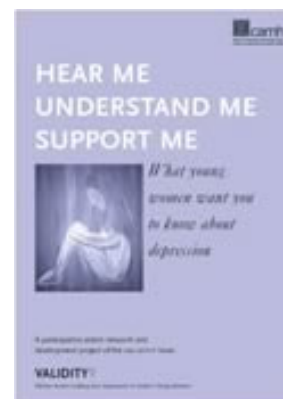
[Stigma brochure](#)



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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