



Perhaps the most honourable thing about the Honourable James Bartleman is his openness about depression.

Ontario's Lieutenant Governor, James Bartleman, speaks out every chance he gets about depression. It's a subject he knows all too well, having battled the illness for almost a decade. Thanks to strong family support and an effective course of medication, he is thriving and making an enormous difference in addressing the stigma associated with mental illness. Thousands have been touched by his honesty, candour and message of hope when he talks about the challenge of rising above the pain. As Honorary Patron of CAMH, James Bartleman knows that world-recognized facilities like the Centre for Addiction and Mental Health are making amazing strides in the treatment and education about depression. Because openness is the first step towards getting better.

We're transforming lives.

For help or information,
call 1-800-463-6273.
www.camh.net



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

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