

Drinking at 8.

Heroin by 14.

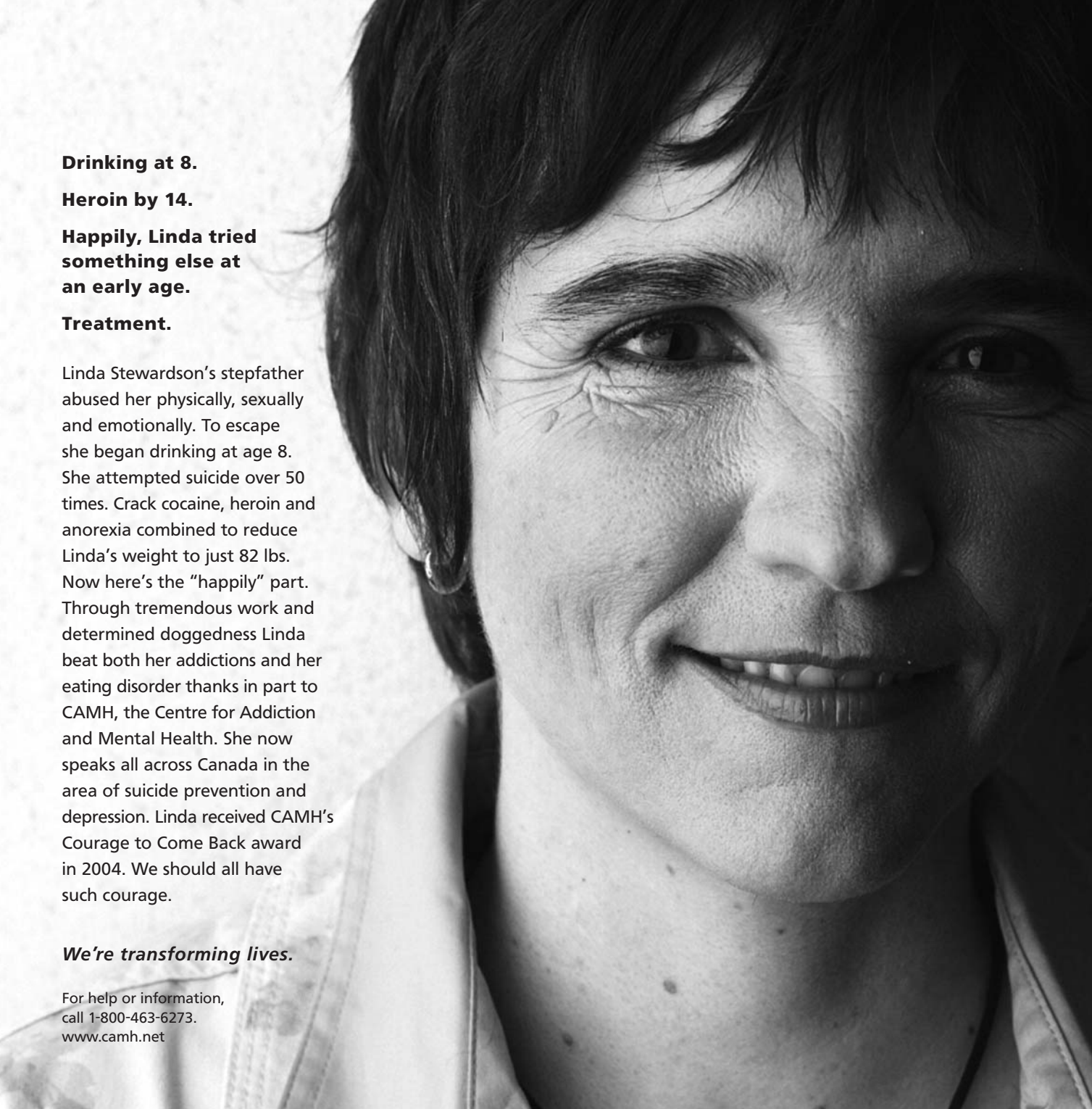
Happily, Linda tried something else at an early age.

Treatment.

Linda Stewardson's stepfather abused her physically, sexually and emotionally. To escape she began drinking at age 8. She attempted suicide over 50 times. Crack cocaine, heroin and anorexia combined to reduce Linda's weight to just 82 lbs. Now here's the "happily" part. Through tremendous work and determined doggedness Linda beat both her addictions and her eating disorder thanks in part to CAMH, the Centre for Addiction and Mental Health. She now speaks all across Canada in the area of suicide prevention and depression. Linda received CAMH's Courage to Come Back award in 2004. We should all have such courage.

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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