

Patricia Newman could teach us all a few things about depression.

And recovery.

Patricia coped with depression in silence, for most of her life. She taught elementary school for 27 years before her depression became so debilitating that an extended medical leave was necessary. Patricia was treated in the Mood Disorders Clinic at CAMH, the Centre for Addiction and Mental Health, where her depression was brought into remission. She subsequently participated in a Mindfulness Based Cognitive Therapy program at CAMH to reduce the risk of relapse. Against the odds, Patricia returned to the classroom and the job she loved. There's a lesson in strength and grace here for everyone.

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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