



Mental Health Week being celebrated across Ontario May 5 – 11th

NEWS

April 29, 2014

1 in 5 children, youth and adults is affected by mental health issues. Each year during Mental Health Week (May 5 -11th) *Children's Mental Health Ontario (CMHO)* and the *Canadian Mental Health Association (CMHA), Ontario* call attention to the importance of good mental health and to the role each of us has in supporting those with mental health challenges.

The goal of the week is to engage communities and individuals across Ontario to increase understanding of mental health issues, reduce the stigma associated with mental illnesses, and spread the message that help is available.

"We know that about 70 per cent of all mental health problems first arise before the age of 18. If we can get young people help early, we can prevent problems from becoming more serious," said Gordon Floyd, President and CEO of Children's Mental Health Ontario. "There should be no shame in talking about mental health issues. The more we talk about this, the more we reduce the associated shame and stigma so that young people can get the help they need when they need it most."

"Mental health is bigger than the presence or absence of a mental illness. People who live with mental health issues can and do thrive, just as people without a mental illness experience poor mental health," said Camille Quenneville, CEO of Canadian Mental Health Association, Ontario. "This week is about acknowledging that mental health means living well and feeling capable despite life's challenges. And remember, support is available if you or someone you know is struggling."

Both CMHO and CMHA Ontario support the providers of accredited community-based mental health treatment services throughout the province. These community-based services are accessible to children, youth and adults and are less costly to deliver than more expensive hospital-based services.

Children's Mental Health Ontario

- Children's Mental Health Ontario (CMHO) represents and supports the providers of child and youth mental health treatment services throughout Ontario.
- Our core membership consists of accredited community-based children's mental health centres that serve some 150,000 children and their families annually. Parents usually can approach accredited agencies directly; a doctor's referral is not required. Services are provided at no cost to clients.
- [Find accredited, community-based child and youth mental health centres in your area](#)

For more information, please contact Christine Pelletier at 416-921-2109 ext. 130 or christine@cmho.org

Canadian Mental Health Association, Ontario

- This year, Canadian Mental Health Association (CMHA), Ontario is using Mental Health Week to focus on women, who are 40 per cent more likely than men to develop a mental illness.
- Women have higher rates of mood and anxiety disorders, and up to 30 per cent of mothers experience postpartum depression and perinatal mood disorders within the first year of giving birth.
- Through its network of 31 community branches, CMHA Ontario offers support to approximately 50,000 individuals each year in the areas of mental health, addictions, dual diagnosis and concurrent disorders. [Find your local branch.](#)

For more information, please contact Joe Kim at 416-977-5580 ext. 4141 or jkim@ontario.cmha.ca