



Federal Speakers' Bureau on Mental Health

Bureau des conférenciers fédéraux sur la santé mentale

Living with Mental Illness

Speaker:

Danielle Moffat

Introduction

HELLO
MY NAME
IS



The Federal Speakers Bureau on Healthy Workplaces

**We Are Stepping Out of the Shadows,
Sharing Our Stories to Stamp Out Stigma.**



Federal Speakers' Bureau
on Mental Health

Take a peek behind the curtain.
Find us on GCintranet.



Why this matters?



Sharing My Story...



Stigma



From Bad to Worse



The decision



The Journey

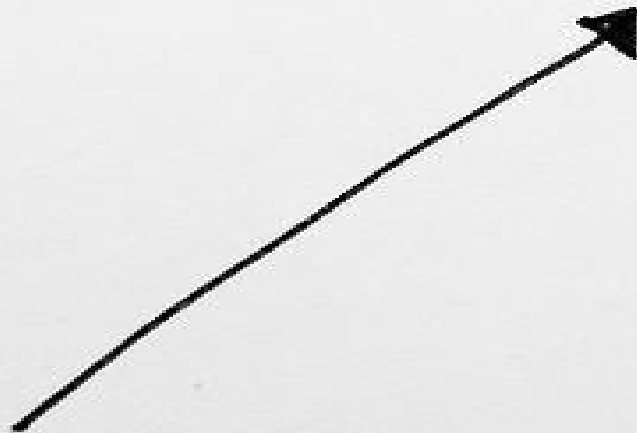
SOMETIMES THE
HARDEST THING AND
THE RIGHT THING
ARE THE SAME.



Recovery: My Lessons Learned

RECOVERY

Expectations



Reality



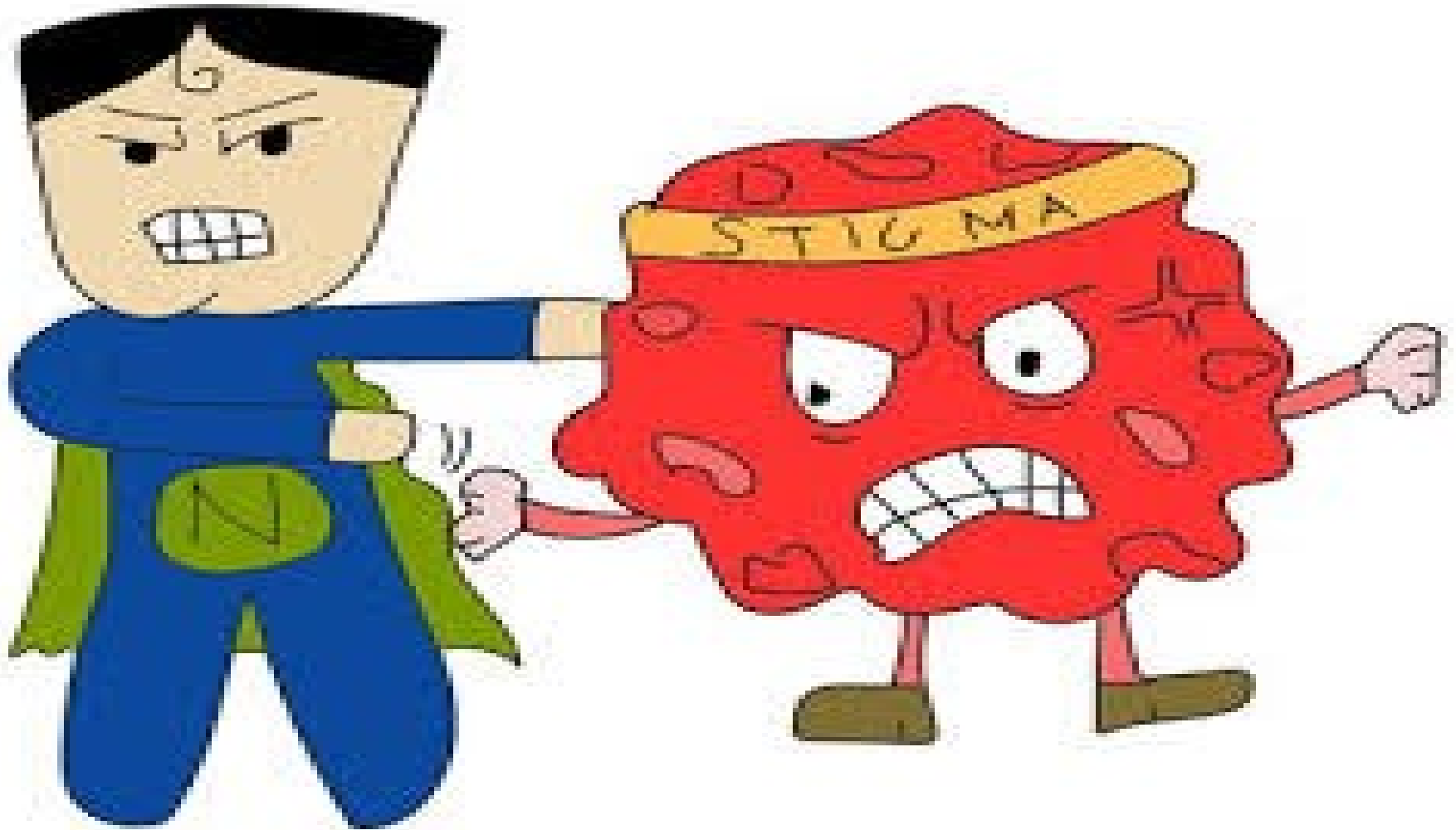
Who I am now



My experience



Talking



Helping Yourself & Others: In Your Community



eMentalHealth.ca
Mental Health Services, Help and Support In Your Community

Find mental health help in your area:

A-Z Mental Health Conditions and Topics 	Basic Needs 	Counselling and Therapy 
Crisis and Emergency 	Information and Referral Services 	Legal and Justice Resources 
Medical Services 	Mental Health Professionals 	Self-help, Mutual Aid and Support Groups 
Specific Groups and Populations 	Mental Health Facilities 	More Categories... 



Resources– National



Canadian Mental
Health Association
Mental health for all

www.cmha.ca

Mood Disorders Society of Canada

www.mdsc.ca

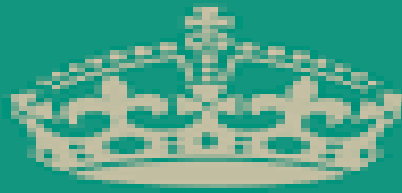


Mood Disorders Society of Canada
Société pour les troubles de l'humeur du Canada

Alberta Health Services – Mental Health help line
1-877-303-2642



Thank You!



THIS IS
ME
AND
THIS IS
MY LIFE

