


Mental Health Commission of Canada / Commission de la santé mentale du Canada

## Bringing Mental Health out of the shadows: *Bright Lights & Emerging Ideas*

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August 16, 2016



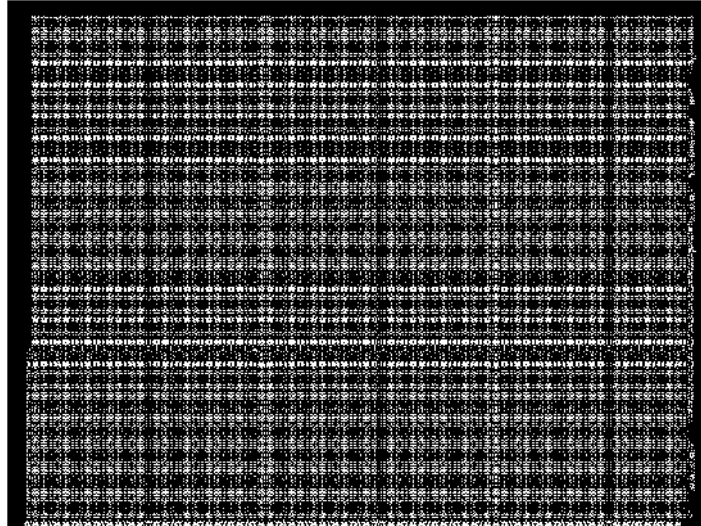
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# **DIABETES. JUST ANOTHER EXCUSE FOR LAZY PEOPLE NOT TO WORK.**

What if we treated everyone like we treat people living with a mental illness?

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## Stigma Video



## Child and Youth Mental Health



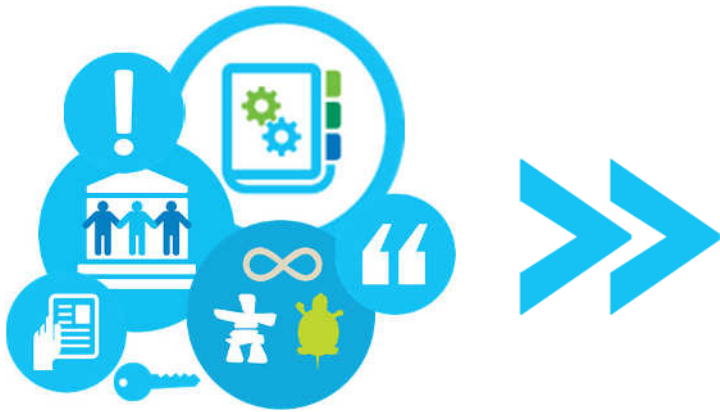
We added a  
**YOUTH**  
Perspective



to make this important  
info resonate for  
EVERYONE!



First Nations, Inuit, and Métis





# Stigma



# HEADSTRONG





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# HEADSTRONG

<http://www.mentalhealthcommission.ca/English/content/mhcc-headstrong-youth-anti-stigma-initiative>



## The Inquiring Mind: Campus Mental Health & Wellness



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Questions

