

Talking About Mental Illness

An awareness program for youth

What is it?

Talking About Mental Illness is an awareness program proven to be effective in bringing about positive change in young people's knowledge and attitudes about mental illness and in reducing the stigma that surrounds mental illness.

It provides Grade 11 & 12 students with the opportunity to hear the stories of community members who have experienced a mental illness. It also provides information about local mental health-related resources that provide support and help to youth coping with their own or a family member or friend's mental illness. Talking About Mental Illness fits with the Ontario Curriculum Guidelines for a number of different courses. It is currently being offered in 44 different school boards across the province Ontario!

Who delivers the program?

In Ottawa, community partners, including people living with mental illness, have joined together to develop and organize Open Minds/Esprits Ouverts. The agency partners are the Centre for Addiction and Mental Health, the Canadian Mental Health Association – Ottawa Branch and Youth Net/Réseau Ado.



The Open Minds/Esprits Ouverts program is made possible through funding from the United Way/Centraide Ottawa.

What about program resources?

The Teacher's Resource provides the educator with information, educational activities and support in hosting this program.

The Teacher's Resource may be downloaded in PDF Format, free of charge at:

http://www.camh.net/education/Resources_teachers_schools/TAMI/tami_teachersall.pdf

The resources are available in both French and English.

How do I find out more about this FREE program?

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