



Mental Illness Awareness Week

October 2-8, 2016

An initiative of



CANADIAN ALLIANCE
ON MENTAL ILLNESS
AND MENTAL HEALTH

Presented by



Bell
Let's Talk

Samuel Breau

An engaged leader and advocate since a young age, Samuel's journey towards recovery began during university. Since his early childhood, Samuel noticed that he was constantly worried by big questions that no one else his age could relate to. Then after moving from rural New Brunswick to Ottawa and facing the high expectations from university, scholarships and peers, Samuel became more aware than ever that he may be living with a mental illness. He subsequently sought treatment for a generalized anxiety disorder. Today, he uses tools and techniques to keep his anxiety manageable and continues to maintain an active and engaged life. Drawing from social and cultural experiences as a linguistic minority and gay man, Samuel combines professional and personal experiences to deliver powerful messages and fight stigma, while carrying out his projects with confidence. He highly values his family and friends who feed his spirit and motivate him to evoke change and promote mental health and recovery for all.



Spreading Awareness, Reducing Stigma

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@MIAWCanada #MIAW2016  

Thank you to the following organizations for their support of Mental Illness Awareness Week:



Mental Health
Commission
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la santé mentale
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