



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

Stéphanie Fontaine

This year marks the 15th anniversary of Stéphanie's recovery from bipolar disorder. Before receiving her diagnosis, she was taken to the hospital on two occasions for depressive and manic (overexcitement) episodes with psychotic elements. In order to resume her activities and the pursuit of her dreams, Stéphanie reached out for professional help with respect to medication, psychotherapy and musicotherapy. She also turned to community resources which helped her better self-manage her symptoms. The presence of her family and loved ones, together with her employers' support, were also key to her recovery.

She leads a fulfilling life despite having to manage some residual symptoms. In addition to having led a great career as an actuary, she has travelled the ocean with her husband and son aboard their sailboat. Recently, she put aside her actuarial career to join Revivre, a non-profit organization, with a mandate to make their mental health self-management workshops available to all. Stéphanie's story demonstrates that no one is immune from mental illness, but also that all can aspire to recover from it.



Spreading Awareness, Reducing Stigma

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



Mental Health
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