

# Mental Health Week 2010

Building Your Mental Health ....

One Support at a time.

**Free Presentation**

Wednesday

**May 5, 2010 7:00 pm**

CAW Hall

364 Victoria St.

(corner of Victoria and Ingersoll St. N.)

**INGERSOLL ON.**



**Guest Speaker: Bill MacPhee**

CEO and founder of *Schizophrenia Digest* and *Anchor Magazine* is an inspiring international speaker who talks candidly about his illness and recovery. Bill explains what it is like to be paranoid, have hallucinations and become frustrated, depressed and suicidal. He helps you understand the disease known as “youth’s greatest disabler” and how it affects not just the individual but the entire family.

**Who should attend:** professionals, family members, individuals living with mental illness and anyone interested in a story of hope, inspiration, optimism and recovery.

**Information on community resources available.**

Coordinated by the Canadian Mental Health Association-Oxford County Branch Public Relations and Awareness Committee and the Community Mental Health & Addictions Education Committee of Oxford. **RSVP 519 539-8055 or 1 800-859-7248**



**Canadian Mental Health Association  
Oxford County Branch**

*Working Together for Everyone's Mental Health*



**United Way  
of Oxford**