



CMHA-Winnipeg / Manitoba supports Bell Let's Talk Day

WINNIPEG, MB (January 27, 2015) – CMHA-Winnipeg / Manitoba supports Bell Let's Talk Day (January 28).

Bell Let's Talk Day is a nation-wide campaign that invites all Canadians to learn about fighting stigma around mental illness. This year, Bell offers 5 easy ways we can all fight stigma:

1. Language matters – pay attention to the words you use about mental illness
2. Educate yourself – learn, know and talk more, understand the signs
3. Be kind – small acts of kindness speak a lot
4. Listen and ask – sometimes it's best to just listen
5. Talk about it – start a dialogue, break the silence

“Stigma can be a barrier for people who are experiencing a mental health issue and wondering if they can reach out,” says CMHA’s Executive Director Marion Cooper, “If there is stigma, will people seek early intervention and support? Will there be compassionate and knowledgeable people to confide in?”

“CMHA’s perspective is that stigma about mental illness results in discrimination. This discrimination can affect all aspects of a person’s life – from keeping a job and a place to live to having access to health care,” continues Cooper.

“We all need to take care of our mental health and well-being” says Cooper, “but for those one in five Manitobans who will experience a mental health concern during their lifetime, ending the stigma around mental illness means ending the discrimination. Bell Let's Talk Day is an opportunity for everyone to be a driver of change.”

Cooper is available for interview during the week of Bell Let's Talk Day to discuss ending stigma about mental health and mental illness.

Fact sheets on mental health and stigma are available for download via CMHA’s National website:

Mental Health for All Fact Sheet – “Mental Health is Everyone’s Concern”

http://mentalhealthweek.cmha.ca/files/2013/03/CMHA_MHW2012_Mental_Health_for_All_ENG_Final.pdf

Mental Health for All Fact Sheet – “Stigma and Discrimination Around Mental Health Problems”

http://mentalhealthweek.cmha.ca/files/2013/03/CMHA_MHW2012_Stigma_ENG_Final.pdf

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