



September 30 to
October 6, 2007

Face Mental Illness

Meet Jack Anawak. He is the former Minister of the Legislative Assembly of Nunavut, a former member of Parliament and was Canada's Ambassador for Circumpolar Affairs. He is a prominent Inuit leader who has spent his life speaking out on behalf of others and working passionately to promote their rights. He has also lived with profound sadness. He was sexually abused at school when he was a child and lost two brothers to suicide when he was in his twenties. With the support of his family and community, he has found the strength to use these experiences to shed light on the issues that many Inuit face. He is sharing his story to help others in his community do the same. **FACE IT. Mental illness concerns us all.**

Please visit www.miaw-ssmm.ca to see the other Faces of MIAW.

Mental Illness Awareness Week (MIAW) is coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH).
CAMIMH thanks the following for their support of MIAW:



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This is Erynn. She is a creative and imaginative grade six student from Ontario who loves snowboarding, playing Pokémon, reading fantasy novels, and watching movies that feature strong women who solve problems. Erynn also lives with bipolar disorder. She was diagnosed when she was seven. She has faced more challenges than a child her age should have and she sometimes has difficulty doing things that other kids her age take for granted. She finds that talking about her feelings with her Mom and Dad and with her educational assistant at school really helps. She is sharing her story because she wants to teach others about mental illness and show them how normal a kid with a mental illness can be. **FACE IT. Mental illness concerns us all.**

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This is Mike Santoro. He is the loving father of a five year old daughter, a dedicated husband, and an administrative assistant at a non-profit organization in Montreal. He loves spending time with his family, barbequing, bowling, and catching up with his many friends over coffee. Mike also lives with a severe and persistent mental illness called schizo-affective disorder. With the support of family, friends and community organizations, and by knowing what triggers his illness and taking appropriate steps when those triggers occur, Mike has learned to live a full, balanced, and rewarding life. Mike is sharing his story to fulfill his dream of helping others face mental illness by letting them know that mental illness can be treated and recovery is possible. **FACE IT. Mental illness concerns us all.**

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Meet Tynan Thacker. She is a proud Métis woman, full time mother of two busy boys and a certified fitness instructor at the Cumberland YMCA in Amherst, NS. She enjoys sharing her knowledge and passion about how individuals can change their lives by being physically active and by believing in themselves. Tynan has struggled with depression for most of her life but until recently was unaware that her symptoms had a name. Her diagnosis has brought an understanding which has led to an entire life change. Tynan has worked hard to get to this point and now understands how to cope with her illness. She wants to share her story so others living with depression know they are not alone. **FACE IT. Mental illness concerns us all.**

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