



It's time to

CHANGE YOUR MIND

ABOUT MENTAL HEALTH & ADDICTION

Stigma about mental health is a significant barrier to a successful recovery; impacting relationships, employment and housing. 80% of people with mental illness believe that positive changes in people's perception will help them.

Mental illness is treatable and many who are living with it are fully capable of successfully functioning and contributing to society.

1 in 4 Canadians – our relatives, friends and neighbours - will be diagnosed with a serious mental health illness in their lifetime and approximately **1 in 7** will be hospitalized.

Mental illnesses are as real as physical ones like heart disease or diabetes and those of us living with it should not have to deal with stigma or discrimination.

Mental illness affects people of **all ages, education and income levels, and cultures.**

People living with mental illness are often perceived as more dangerous than the rest of society, but in fact are most often vulnerable and are **more likely to be victimized** than others.

The World Health Organization recommends that **10% of health funding should be spent on mental health**, while in Canada **only 5.5%** is allocated towards mental health services.

You can be part of the solution - TAKE THE PLEDGE
(see reverse)

A Parkdale-High Park
Community Initiative of:

Gerard KENNEDY, MP

www.gerardkennedy.ca

Tel: 416.769.5072

Follow Gerard on Facebook



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The Parkdale-High Park Mental Health Acceptance Pledge

I affirm that...

- Mental illness is a health condition like any other.
- Negative attitudes about mental illness contribute to the problem.
- People living with mental illnesses should be treated fairly and respected- whether at work, in housing, in relationships, or elsewhere.
- I will personally promote respect and practice acceptance towards individuals who may have mental illness.
- Canadians living with mental illness must receive equally-funded health care services.

I Pledge to...

PLEASE CHECK ONE OR MORE

- 1. Tell at least three friends that I support promoting respect and practicing acceptance towards individuals living with mental illness and addictions.
- 2. Reach out to affected individuals and families I know and as how I can support them.
- 3. Get my work/volunteer group involved in this initiative.
- 4. Promote respect in my workplace/school to support affected customers/co-workers/classmates.
- 5. Promote equitable funding for mental health services.
- 6. Support a project to improve housing and/or work for people living with mental illness.

**THANK YOU FOR JOINING YOUR NEIGHBOURS TO HELP MAKE PARKDALE-HIGH PARK
CANADA'S 1st MENTAL HEALTH STIGMA-FREE ZONE**

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