



## National Landmarks to Shine for Mental Health Week

### NEWS

May 6, 2015

(Wednesday, May 6, 2014) – At sunset\* on Wednesday, May 6, 2015, **Niagara Falls, the CN Tower and Toronto City Hall** will be illuminated in green to commemorate Mental Health Week and Children's Mental Health Week in Ontario.

Mental health issues affect 1 in 5 children, youth and adults. The Canadian Mental Health Association (CMHA), Ontario and Children's Mental Health Ontario (CMHO) call attention to the importance of mental health and to the role each of us has in supporting those with mental health challenges.

"Having these Canadian landmarks lit for Mental Health Week is a symbolic gesture and one we hope helps people start a conversation about mental health," said Camille Quenneville, CEO of CMHA Ontario. "We are encouraging Canadians to get loud about their mental health this year to show support and give their mental health the attention it deserves."

"By illuminating these landmarks, we hope to shine a light on mental health across the province," said Kim Moran, CEO of CMHO. "Too many children suffer in silence. We want to create a landscape where children and families are encouraged to seek mental health support if they need it."

The goal of the week is to engage communities and individuals across Ontario to increase understanding of mental health issues, reduce the stigma associated with mental illnesses, and spread the message that help is available.

#### Key Facts:

- Each year, more than half a million children, youth and adults receive support and treatment from community mental health & addictions organizations in Ontario.
- 70 per cent of adults with a mental illness report that their symptoms first emerged in childhood and adolescence.
- Mental health issues account for more than \$6 Billion annually in lost productivity
- Both CMHO and CMHA Ontario support the providers of accredited community-based mental health treatment services throughout the province.

#### Canadian Mental Health Association, Ontario

- This year, Canadian Mental Health Association (CMHA), Ontario is using Mental Health Week to focus on men, who are four times more likely to die by suicide than women.
- Societal expectations put pressure on men to be strong and successful; as a result, self-care and stress management can be seen as signs of weakness.
- Through its network of 32 community branches, CMHA Ontario offers support to approximately 50,000 individuals each year in the areas of mental health, addictions, dual diagnosis and concurrent disorders. [Find your local branch.](#)

For more information, please contact Camille Quenneville at 416-977-5580 ext. 4126 or [cquenneville@ontario.cmha.ca](mailto:cquenneville@ontario.cmha.ca)

#### Children's Mental Health Ontario

- CMHO represents and supports more than 85 accredited community-based child and youth mental centres throughout Ontario.
- Accredited community-based children's mental health centres provide an array of treatment and support services to children, youth and families including targeted prevention, early identification, short- and long-term counselling and therapy, and intensive services such as residential care. Parents can approach mental health centres directly; a doctor's referral is not required and services are provided at no cost to clients.
- [Find an accredited, community-based child and youth mental health centre in your area.](#)

For more information, please contact Christine Pelletier at 416-921-2109 ext. 130 or [christine@cmho.org](mailto:christine@cmho.org)

\* Reminder to media: If filming CN Tower, please note that, as it does every night, a standard light show will run for 8 minutes at the top of every hour.