



Canadian Mental
Health Association
Ontario
Mental health for all

Association canadienne
pour la santé mentale
Ontario
La santé mentale pour tous

New book chronicles life of influential Mental health champion Linda Chamberlain

Toronto, Tuesday, June 11, 2013 – If there's one figure the public should know more about, it's Linda Chamberlain – psychiatric survivor, tireless advocate and overall inspiration.

Chamberlain has overcome obstacles brought on by addiction, poverty, domestic abuse and schizophrenia to become a mental health champion and an influential figure for social change. Along the way she's been a comedienne, advocate, caregiver, organizer, clown, co-founder, murder suspect, burlesque dancer, bongo player, support worker, storyteller, and friend.

Readers can have an intimate look at her remarkable journey in *Not Anytime Soon: the life & times of Linda Chamberlain* – officially launched today. The 88-page scrapbook-style book describes Chamberlain's transformation into a powerful figure for the mental health community and affordable housing advocate for those living with mental illness.

"It's heartwarming and humbling that my friends would create this book," Chamberlain said. "I hope people who read this will try and 'pay it forward' like I try to do. That philosophy has brought me so much comfort in life."

Noted Ontario social policy expert John Stapleton and the Linda Chamberlain Working Group, volunteers moved by Linda's efforts over the years, were the driving force behind the book.

"Linda has touched so many lives and she has made such a profound difference to the those who can't or are fearful of speaking up for themselves," said Stapleton. "She is living proof that will and determination can overcome life's toughest hurdles."

With this publication, Linda reaches an important milestone in her life that few who have experienced addiction, poverty and mental illness can tell. The book launch happened among friends and well-wishers, and the Canadian Mental Health Association, Ontario.

"Throughout her life, Linda has shown incredible drive, determination and spirit and she truly is awe-inspiring," said Camille Quenneville, CEO of Canadian Mental Health Association, Ontario (CMHA Ontario). "Linda inspires so many of us working in the field of mental health but, more importantly, she inspires those people living with serious mental health conditions or mental health issues."

Not Anytime Soon! The life & times Linda Chamberlain is being sold at cost and can be purchased at CMHA Ontario, 180 Dundas St. W., Suite 2301, Toronto, ON M5G 1Z8. Electronic copies in PDF format are also available for \$5 via <http://www.openpolicyontario.com>.

A hard copy or electronic download of the book is also available for accredited media.

See [attached backgrounder](#) to learn more about Linda Chamberlain.

About CMHA Ontario:

Founded in 1952, the Canadian Mental Health Association (CMHA), Ontario, is a non-profit, charitable organization committed to making mental health possible for all. CMHA Ontario works closely with its 31 local branches in communities across the province to ensure the quality delivery of services to consumers and families of individuals with mental illness, dual diagnosis and concurrent disorders. CMHA Ontario contributes knowledge, resources and skills to provincial policy development and implementation. We promote mental health in collaboration with others. We further equitable access to mental health services and champion the reduction of mental health disparities.

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