



CN Tower to shine for Mental Health Week

NEWS

May 6, 2014

(Tuesday, May 6, 2014) – At sunset* on Tuesday, May 6, 2014, the **CN Tower** will be illuminated in green to commemorate Mental Health Week in Ontario.

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

“Having an iconic Canadian landmark 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. “Speaking about mental health without fear of stigma and discrimination is a significant step toward getting the support needed to improve an individual’s well-being.”

“Mental health should be at the top of our health priorities in Canada,” said Gordon Floyd, CEO of CMHO, “So it’s fitting to be shining a light on mental health from the tallest building in the country. What better way to fight the stigma and bring the reality of mental health out from the shadows.”

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 women, who are 40 per cent more likely than men to develop a mental illness.
- Women have higher rates of mood and anxiety disorders, and up to 30 per cent of mothers experience postpartum depression and perinatal mood disorders within the first year of giving birth.
- Through its network of 31 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 Joe Kim at 416-977-5580 ext. 4141 or jkim@ontario.cmha.ca

Children's Mental Health Ontario

- Children's Mental Health Ontario (CMHO) represents and supports the providers of child and youth mental health treatment services throughout Ontario.
- Our core membership consists of accredited community-based children’s mental health centres that serve some 150,000 children and their families annually. Parents usually can approach accredited agencies directly; a doctor’s referral is not required. Services are provided at no cost to clients.
- [Find accredited, community-based child and youth mental health centres in your area](#)

For more information, please contact Christine Pelletier at 416-921-2109 ext. 130 or 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.**