

[www.miaaw.ca](http://www.miaaw.ca)



# Mental Illness Awareness Week

**1 in 5** Canadians will  
be affected by mental  
illness.

Behind the statistics  
are **real** people with  
friends, families,  
dreams, aspirations.

**Recovery is Possible!**

CANADIAN ALLIANCE  
ON MENTAL ILLNESS  
AND MENTAL HEALTH



  
Western  
Health

[www.westernhealth.nl.ca](http://www.westernhealth.nl.ca)