

FOR RELEASE
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Government of Yukon recognizes Mental Illness Awareness Week

In any given year, one in five Canadians will experience a mental health problem or illness. As part of Canada-wide efforts to raise awareness, the Government of Yukon is joining other jurisdictions to recognize Mental Illness Awareness Week. This annual public campaign, which runs October 1 to 7, seeks to educate Canadians about the realities of mental illness.

Yukoners are encouraged to participate in the conversation, and in so doing help ensure those impacted by mental illness receive the support they need without the stigma that may be associated with seeking assistance.

Quotes

“One of the key messages of Mental Illness Awareness Week is the need to understand mental illness and reduce the stigma associated with it. We encourage Yukoners to use this week to become more familiar with common mental health issues and the availability of support in their community.”

–Minister of Health and Social Services Pauline Frost

Quick facts

- Mental Health services has been participating in Mental Illness Awareness Week for 15 years.
- Mental Health services will be hosting daily lunch hour webinars on mental health topics. These webinars are free and open to the public.
 - Monday, October 2: Why is it important to talk about Mental Illness?
 - Tuesday, October 3: Recognizing depression, and knowing the treatments for it
 - Thursday, October 5: Recognizing Psychosis and knowing how to get help for someone you care about
- In partnership with Northwestel, a mental health event will be hosted at the Gold Rush Inn, Town Hall from 5-7 PM on October 4. Yukoners will have an opportunity to hear speeches from mental health advocates and ask questions to a panel of mental health experts.

Learn more: Mental Illness Awareness Week

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