WHY DO WE TALK ABOUT MENTAL HEALTH?

A journey and not an intellectual exercise
Guelph university execs check door-to-door on student mental health

'We deeply care,' provost Charlotte Yates affirms

How many of you have broken a bone in your body?

How many of you have had the flu?
March 2015 – this was a first
Well that explains it

It’ll be fine

Well….that explains it

You are broken
My moment at Spadina station
The “impact” of depression

Contributions of noncommunicable diseases to disability-adjusted life years (DALYs)

- Neuropsychiatric disorders (28%)
- Cardiovascular disease (22%)
- Cancer (11%)
- Other noncommunicable diseases (7%)
- Sense organ impairment (10%)
- Respiratory disease (8%)
- Digestive disorders (6%)
- Musculoskeletal disorders (4%)
- Endocrine (4%)
- Schizophrenia (2%)
- Unipolar affective disorder (10%)
- Bipolar affective disorder (2%)
- Dementia (2%)
- Substance-use and alcohol-use disorders (4%)
- Other mental disorders (3%)
- Epilepsy (1%)
- Other neurological disorders (2%)
- Other neuropsychiatric disorders (3%)
Psychotherapy

- I visited a cognitive behavioural therapist for 6 months
- Mainly because I had time and resources (keep this in mind for part 2)
- Overall different experience – 1 on 1 counselling gave me a different perspective
- Helped me to understand and provided coping mechanisms that I still use this day (i.e. music and understanding the locus of control)
Why don’t we REALLY talk about mental health?
Alprazolam (Xanax)
Trintellix
Others....
Started early in December
- side effects = not fun
BE CURIOUS
NOT JUDGMENTAL.
My story doesn’t end there...
It’s OK, I’m good........
All of us....
We have to do a better job
HOW?