

# Putting a Face on Mental Illness

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Mental illness touches all segments of our campus community, and a wide range of programs and services are available to both staff and students to assist those in need of professional help. However, stigma remains a significant barrier to individuals actually accessing services.

To address this issue, Human Resource Services launched an initiative called ***Facing Facts***, a program designed to de-stigmatize mental illness. This is an on-going anti-stigma campaign to raise awareness, dispel myths and encourage a healthy dialogue about mental illness.

A few quick facts:

- one in five Albertans will develop a mental illness
- mental illness impacts the individual, their families and friends, the workplace and the broader community
- anyone can be affected by mental illness regardless of age, gender, culture, income level or social class
- an estimated 14% (80,000) of children in Canada experience mental health disorders
- while mental illness is treatable, more than half of those affected do not seek treatment due to shame, stigma or lack of information.
- young adults aged 15-24 experience the highest incidence of mental disorders of any age group in Canada. (Stats Canada)
- mental illness does not equate to weakness or lack of ability. Many successful contributors to society have had experience with mental illness. (*see on-line Tip Sheets*)
- knowing the signs and symptoms of a mental illness is critical for early detection, treatment and to provide support for someone who may be dealing with a mental illness themselves.
- seeking medical treatment early is essential
- faculty and staff members looking for assistance in dealing with mental health issues and concerns can contact Human Resource Services at 492-7124, or for psychological counseling can contact the UofA EFAP provider at 428-7587.
- Our EFAP service also offers e-courses such as *Low Mood*, *Controlling Your Drinking*, *Stress Management* and *Managing Sensitive Employee Issues* to assist individuals in addressing difficult situations. Visit [www.homewoodhealth.com](http://www.homewoodhealth.com)

Counseling & Clinical Services is available to students who may be experiencing personal, academic or career concerns. Visit [www.uwell.ualberta.ca](http://www.uwell.ualberta.ca)

**For all on-line resources listed above, please visit  
[www.virtualwellness.ualberta.ca](http://www.virtualwellness.ualberta.ca)**

