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UPCOMING EVENTS:

Jan. 22, Quit smoking with #QuitChat
During National Non-Smoking Week, join experts including CAMH's Dr. Peter Selby for a Twitter chat on quitting strategies.

Feb. 4, Facebook Bullies
To kick-off Psychology Month, Dr. David Wolfe will address the nature of cyberbullying, its harmful impact, and ways to prevent it.

Feb. 25, Humanizing the Workplace
Save the date for the 14th Annual George Brown College Mental Health Conference, in partnership with CAMH.



#QUITCHAT
YOU'RE INVITED
TO A TWITTER CHAT ON
QUITTING SMOKING

Tuesday
January 22nd
12-1 EST

National Non-Smoking Week January 20-26



A GROUNDBREAKING YEAR FOR MENTAL HEALTH AND ADDICTION CARE

Over the last 12 months we have witnessed significant advances in how we understand and provide

care for people who struggle with their mental health. At the same time, heartbreaking stories about the fate of mentally troubled young people like Ashley Smith and Amanda Todd garnered national headlines, and issues of stigma and access to appropriate care have come to the forefront of public discussion.

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COPING WITH POST-HOLIDAY STRESS?

The holidays are over - do you feel emotionally and financially stressed? Check out these tips from Dr. Katy Kamkar on how to cope with post-holiday stress.

[Read More](#)

JANUARY IS ALZHEIMER AWARENESS MONTH

Alzheimer disease affects more than half a million Canadians. At CAMH, we have a number of research studies aimed at understanding the causes and improving treatment of the disease. Did you know that CAMH also has a Memory Clinic?

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RECORD NUMBER OF CAMH CLIENTS RECEIVE GIFTS OF LIGHT!

In November the CAMH Foundation launched its fifth annual Gifts of Light campaign. Thanks to your support, more than 1,700 CAMH patients received Gifts of Light over the holidays – the most we've ever delivered!

[Watch Video](#)





ELECTROCONVULSIVE THERAPY SAVES LIVES

Depression takes an enormous personal toll on people's work, their relationships, their self-esteem and sometimes their reason for living. ECT works when other treatments do not. Remission rates with ECT are between 60 and 80 per cent — making it two to three times as effective as any other treatment for resistant depression.

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VIOLENCE, STIGMA AND MENTAL ILLNESS

When violent tragedies like the school shooting in Connecticut happen, we all want to know why. As we search for some degree of understanding we hope will help ease the shock and sadness, we risk accepting simplified or inaccurate explanations.

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