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UPCOMING EVENTS:

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

Mar. 5, Café Scientifique
From causes to cures, three CAMH Scientists talk about youth mental health

Mar. 8, Illuminating Invisibilities
International Women's Day event hosted by CAMH's Health Equity Office



**Café Scientifique:
Time to Talk about
Teen Mental Health**



Bell
Let's Talk

CAMH AND BELL LET'S TALK DAY

We celebrated the third annual Bell Let's Talk Day on February 12. By sending more than 96 million calls, tweets and texts, Canadians set a new #BellLetsTalk Day record! Through Facebook, we asked people to share their reasons for talking about mental health. See what they said!

[Read More](#)

GENETIC TESTING AND PERSONALIZED MEDICINE

CAMH and the Thornhill Medical Centre are making the promise of personalized medicine a reality. For the first time in Canada, mental health patients attending a family practice clinic will be offered genetic testing to help predict which psychiatric medications will work best.

[Watch Video](#)



RISKING YOUR HEALTH?

Alcohol consumption is among the top three global risk factors for disease, along with blood pressure and tobacco. In this Q&A, CAMH Research Director Dr. Jürgen Rehm explains the negative health impacts associated with heavy drinking.

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YOUTH MENTORING LINKED TO MANY POSITIVE EFFECTS IN CHILDREN

Mentoring youth changes lives. According to groundbreaking research by CAMH and Big Brothers Big Sisters, youth enrolled in mentoring programs are more confident in their academic abilities and less likely to display behavioural problems.

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CYBERBULLYING: A COVERT THREAT

What is cyberbullying? At a recent CAMH forum, Senior Scientist Dr. David Wolfe and Toronto Police Constable Daniel LeClerc explored the unique nature of cyberbullying, its harmful impact, and ways to prevent it.

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CAMH STAFF HELP ETHIOPIAN HOSPITAL DO MORE WITH LESS

During a recent visit to Ethiopia, CAMH Occupational Therapists Tara Laing and Natalie Quick saw first-hand the many challenges faced by clinicians who treat those with mental health and addiction issues.

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HOW CAN WE REDUCE DRIVER ANGER?

Does your rush hour commute often leave you angry behind the wheel? New CAMH research suggests that educating drivers early on how to react to and avoid offensive driving situations may help to reduce aggressive driving.

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CAMH ADOPTING NATIONAL STANDARD TO CREATE MENTALLY HEALTHY WORKPLACE

CAMH is the first hospital in Canada to adopt the Mental Health Commission of Canada's new National Standard for Psychological Health and Safety in the Workplace. CAMH President and CEO Dr. Catherine Zahn says it's important CAMH 'walk the walk' as an employer.

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LESSONS FROM THE ASHLEY SMITH INQUEST

The distressing images of the last moments of Ashley Smith's life convey a stark message about the struggles people with serious mental illness face in the prison system. The inquest into Ashley Smith's death will undoubtedly provide the public, politicians and the health and corrections sectors with much to reflect on, and to improve.

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