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UPCOMING EVENTS:

May 4 - 11, Mental Health Week & Children's Mental Health Week
Check out what's happening at CAMH

May 5 - 26, Education Group for Family Members
Drop-in group for friends and family

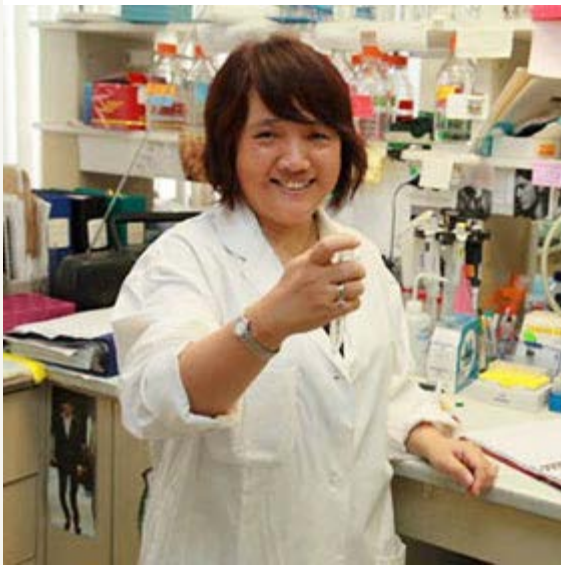
May 7, The Richie Awards
Recovery awards for clients of our Richmond Street Clinic



CEO BLOG: A BIG THANK YOU TO ALL CAMH VOLUNTEERS

In celebration of National Volunteer Week April 6 -12, CAMH CEO and President Dr. Catherine Zahn extends a heartfelt 'Thank You' to all our volunteers, including this group from TVO, whose dedication to our patients help to make CAMH a much richer place.

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NASAL SPRAY DELIVERS NEW TYPE OF DEPRESSION TREATMENT

A new type of treatment for depression – in the form of a nasal spray – may soon be possible, thanks to new research led by CAMH's Dr. Fang Liu.

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A ROOM OF HIS OWN

Living with schizophrenia for most of his life, Pierre had been a hospital inpatient at CAMH for the last few years. However, all that changed recently when he was successfully transitioned back into the community. Today, Pierre has a reason to smile and it's something he cherishes the most - a room of his own.

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CAMH VIDEO: TRANSITIONING TO CAMPUS LIFE

CAMH Psychiatrist Dr. Andrea Levinson talks about youth mental health on campus and how both students and parents can manage this stressful transition.

[View Video](#)



STUDENTS USE SOCIAL MEDIA TO IMPROVE MENTAL HEALTH ON CAMPUS

CAMH hosted a celebration for the winners of Mental Health 2.0, a contest run by the Council of Ontario Universities for the best online campaigns connecting students with peers and promoting mental health on campus.

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MANY TEENS COULD USE A FULL MENTAL-HEALTH CHECKUP

In a recent Globe and Mail article Dr. Peter Szatmari, Chief of the Child and Youth Mental Health Collaborative at CAMH, SickKids and the University of Toronto, commented on the shocking prevalence of mental-health problems in our youth.

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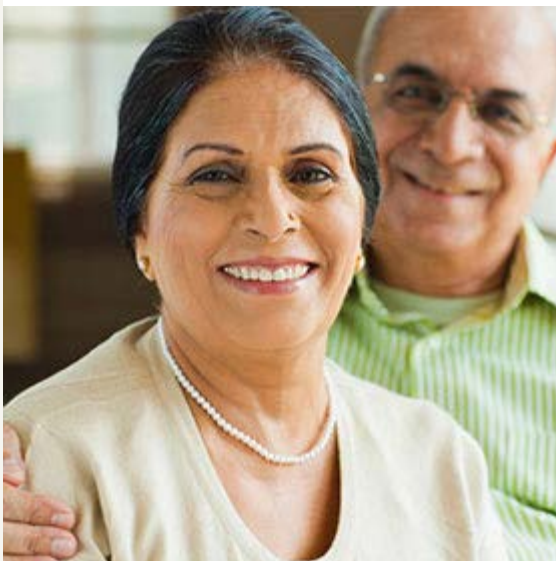




ENHANCING LIFE WITH MEANINGFUL ACTIVITY

Valynn, a Toronto artist, has been in and out of hospital for 10 years receiving treatment for anxiety and depression. She has always felt a piece of the treatment puzzle has been missing - until recently when she was introduced to Recreation Therapy at CAMH.

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ANTIDEPRESSANT HOLDS PROMISE IN TREATING ALZHEIMER'S AGITATION

Dr. Bruce Pollock, Vice President of Research at CAMH, reports on the results of a multi-site U.S.-Canada study showing an antidepressant may be effective in treating the distressing symptoms of agitation that often accompany Alzheimer's disease.

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CAMH BLOG: ADDRESSING
FETAL ALCOHOL SYNDROME
IN CANADA'S NORTH

Senior Scientist Lana Popova blogs about her experience attending the Canada Northwest FASD Partnership Symposium, held in Yellowknife in March.

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