

Fact Sheets

Through our library, we offer Fact Sheets, brief one-page overviews of various mental health issues. The 12 topics currently covered include:

- Anxiety Disorders and Phobias
- Bereavement and Grief
- Depression
- Eating Disorders: Anorexia and Bulimia Nervosa
- Facts About Work and Mental Illness
- Manic-Depression
- Multiple Personality Disorder
- Schizophrenia
- Stigma and Mental Illness
- Stress
- Suicide
- What Is Mental Illness?

Visitors are welcome to take a few copies for personal use. Should you need more or wish to distribute them for work or school, please contact us at ndaley@cmhaff.ca or 807-274-2347 ext 20. Canadian Mental Health Association, Ontario has a number of the same fact sheets on their web site, but also offer some different titles. To view them click here: http://www.ontario.cmha.ca/fact_sheets.asp.