

Putting a Face on Mental Illness

Mental illness touches all segments of our campus community, and a wide range of programs and services are available to both staff and student 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.
- 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 780.492.2249, or for psychological counseling can contact the UofA EFAP provider at 780.428.7587.
- Our EFAP service also offers e-courses such as *Taking Control of Your Mood*, *Taking Control of Your Drinking*, *Taking Control of Your Stress* and *Managing Sensitive Employee Issues* to assist individuals in addressing difficult situations.
- Counseling & Clinical Services is available to students who may be experiencing personal, academic or career concerns.

Visit [Faculty and Staff](#) for information on mental health services.

Information on student mental health can be accessed at [Current Students](#).

