

Recovery is possible.

The Hear Us speakers are active and productive members of the community.

Together, we would like to share our stories of living with mental illness.

With hope, education and awareness, we can work together to ensure everyone has a sense of acceptance, purpose, and freedom.



### The Hear Us Speakers' Bureau

We invite anyone interested in learning more about mental illness from people who have experience living and recovering from these disorders to contact:

**Kathleen Morrison**

329 Waverly Street  
Thunder Bay ON P7B 1B6  
**343-4760 ext. 3**  
[pacepew@shaw.ca](mailto:pacepew@shaw.ca)

**Brook Latimer**

580 N. Algoma Street  
Thunder Bay ON  
**346-5226**  
[LatimerB@tbh.net](mailto:LatimerB@tbh.net)



**H**ope

**E**ducation

**A**wareness

**R**ecovery

**U**nderstanding

**S**tigma

Journey of Hope ....

Voices of Recovery

A Mental Health Speakers' Bureau

**Pat Morris** Retired nurse and recipient of the Courage to Come Back Award 2002



### Our Speakers' Quotes

*"Respect is the first step to inclusion."*

**Annie Jollymore**

*"Mental illness affects all of us as a society."*

**Stella Montour**

*"We can help you understand what mental illness is and how to seek help if needed."*

**Pat Morris**

*"Mental illness is real and people need to be educated because the more they know, the less they fear. Knowledge is power."*

**P.A.C.E. Member**

## Mental Health Speaker's Bureau

### Mission Statement

Hear Us is a dedicated group of individuals who are sharing their personal experiences with mental health issues and their journeys of recovery.

Our aim is to dispel the myths and misconceptions surrounding mental illness through education.



### Vision

To positively impact society's perceptions of people with mental health issues.

*"I now realize mental illness is very common; there is no need to feel ashamed when talking about it."*

**Confederation College Student**

## Audience Comments

*"Telling your stories takes your lives out of the shadows of invisibility; you will be seen and heard as valuable members of your community."*

**Laura Sky, Producer Director  
Sky Works Charitable Foundation**

*"Your speakers were awesome! Your presentation brought reality to mental illness for my students."*

**Grade 11 Health Teacher  
St. Patrick High school**

*"The personal story of Lindsay - a young woman who suffered from an anxiety disorder - and how she's gone on to a successful life, makes me believe people can and do recover from mental illness."*

**Grade 11 student  
Hillcrest High school**

*"It was very powerful and encouraging to hear how individual perseverance and community supports helped a consumer/survivor move forward in her life....the Hear Us program is highly recommended."*

**John Ahvenniemi  
Deputy Superintendent - Programs  
Thunder Bay Correctional Centre**