



***20% of Canadians will  
have a mental illness  
in their life time.***

***80% of Canadians  
will be affected by a  
family member,  
friend or colleague  
with a mental illness.***

***Mental illness is a valid  
medical condition  
that deserves the same care,  
support and compassion  
as any other illness.***



**Suicide Prevention  
Community Council  
of Hamilton**