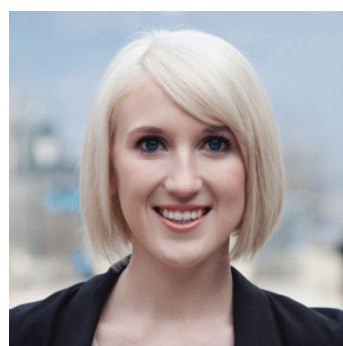




I suffer from depression and I'm not ashamed

MeToo.

Michael Landsberg,
Sports Broadcaster



Also hear from:

Kimberly Rutledge
of jack.org

Stories of courage, strength, and community in the face of mental illness

The statistics are not changing. One in every five Canadian is affected by mental illness and the stigma is as strong as ever. 'Me Too' is bringing some of the brightest minds and speakers to the table to continue the conversation and smash the stigma. Join us for our final event of this six-part series.

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