



PUBLIC EDUCATION LECTURE SERIES

Through the Mental Health System—A Personal Story **featuring Debbie Sesula, MA**

Peer Support Program Coordinator,
North Shore Adult Community Mental Health Services



While completing her Bachelor of Arts degree in psychology, Debbie became depressed, began self-harming, and attempted suicide.

After being hospitalized for what would eventually be diagnosed as bipolar disorder, Sesula returned to university and completed her bachelor's degree.

She now works tirelessly in the community, raising awareness about mental health issues and advocating for those diagnosed with mental illness.

Wednesday, November 26, 2014

Lions Gate Hospital, 7:30p.m., LGH Auditorium

Free to attend, no registration required.

Presented by



**North Shore
Schizophrenia Society**

Visit www.northshoreschizophrenia.org or call 604-926-0856
for more information.