

## **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.



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

The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia; City of North Vancouver; District of North Vancouver; District of West Vancouver; Resort Municipality of Whistler; Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; North Shore Rotary Clubs; West Vancouver, Squamish, and Whistler Community Foundations; Jill Ackhurst Foundation; Lynn Valley Legion; Seymour Golf & Country Club; Blake, Cassels & Graydon LLP; and our many other generous donors.