

Mental Illness Awareness Week

October 6 - 10

Monday October 6

12:00 p.m. -
1:00 p.m.

Auditorium A/B

Music, Mind, and Mingle

Join us as we kick off our week with local guitarist, James Wilkinson who will share his story of lived experience with substance use health through music and personal reflection. Light refreshments provided.

Tuesday October 7

12:00 p.m. -
1:00 p.m.

Auditorium A/B

Critical Incident Conversations

Get ready for a blend of insights and strategies to support self-care following critical events. Sherri Capulak-Tinnes, Psychological Associate, will guide us through the principles of debriefing, exploring what effective support should look like in the aftermath of a critical event. This session will highlight practical strategies to promote both team resilience and individual self-care. Presentation will begin at 12:00 pm with lunch to follow.

Wednesday October 8

11:00 a.m. -
1:30 p.m.

Auditorium A/B

Mental Health Expo

Discover. Learn. Connect. Visit with Hospital committees or community partners who support mental health and additions to learn of their programs and services. Coffee and refreshments provided.

Thursday October 9

6:30 p.m. -
9:00 p.m.

Auditorium A & B

Mental Illness Awareness Week Trivia Night

Get ready for a night of trivia that sparks conversation and helps break the stigma around mental illness. Come with a team of 4 to 6 friends or let us know you'd like to be added to a team when you register. Prizes await the winning team.

Register for this event through Eventbrite or by scanning the QR code below:



Friday October 10

10:30 a.m.-
1:00 p.m.

Bottom of Grand
Staircase

Uncovering Mental Illness; Facts, Not Fiction

Can't attend the Trivia Night? No problem! Our Committee Members will be bringing the trivia to you with quick mental health challenges throughout the day at the Mental Health Awareness Committee Booth at the bottom of the Grand Staircase. Test your knowledge, learn something new, and help raise awareness about mental illness.



Thunder Bay Regional
Health Sciences
Centre

Throughout the week, check out the table display at the bottom of the stairs.

All staff welcome to all events and no registration required. Any questions, please email Giulia.daniele@tbh.net