



# The Last Taboo: A Survival Guide to Mental Health Care in Canada

*Scott Simmie, Julia Nunes*

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At any given time, three million Canadians are living with some kind of mental illness. But despite its prevalence, the public and even some health practitioners are badly misinformed about its causes and treatment.

This book is an essential road map to hope and recovery. It tells the reader where to get help and what pitfalls to avoid. It defines the most common forms of mental illness, discusses the advantages and drawbacks of medication, and tackles the ultimate taboo of suicide. It offers coping strategies for consumers, family members, friends, and employers, and demonstrates how they can all contribute to the recovery of a person with a mental illness. Medication and psychotherapy only go so far – housing, meaningful activity, and friendships are as crucial to recovery as any drug.

In *The Last Taboo*, Scott Simmie recounts his own battle with a serious mental disorder, and his partner, Julia Nunes, provides a care-giver and supporter's perspective on living with a mentally ill loved-one. Throughout they include the real stories of other Canadians, who give their own perspectives on the successes and failures of the health care system.

- In any given year, one in five Canadians will experience symptoms of mental disorder
- *The Last Taboo* provides sympathetic advice and practical information on: the causes of mental disorder/mood disorders, including depression and bipolar affective disorder / anxiety disorders / substance abuse / eating disorders / personality disorders / schizophrenia / where to go for help / giving help / medication / psychotherapy / alternative medicine / stigma / suicide
- Includes Appendix, Glossary, Useful Books, and Useful Websites

*From the Hardcover edition.*

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