

A black and white close-up portrait of an older man, Michael Wilson, looking directly at the camera with a serious expression. He has wrinkles on his forehead and around his eyes. He is wearing a dark suit jacket, a light-colored collared shirt, and a dark tie.

**Michael Wilson lost his son to depression and suicide.**

**The real shame would be keeping it a secret.**

More than anything Michael Wilson believes in speaking out about depression. He knows first hand that help is close by and that early detection and treatment are vital to controlling depression. And aiding recovery. At CAMH, the Centre for Addiction and Mental Health, we're world renowned for our work in education about depression and compassionate, effective treatment. CAMH is here to help. And as Michael Wilson can attest there is no shame in speaking out.

***We're transforming lives.***

For help or information,  
call 1-800-463-6273.  
[www.camh.net](http://www.camh.net)



Centre for Addiction and Mental Health  
Centre de toxicomanie et de santé mentale

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