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Courageous stand applauded

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Published on Mon Oct 20 2014

Re: Erasing a community's mental health stigma, Oct. 14

Erasing a community's mental health stigma, Oct. 14

This is a heart-warming story of courage, resilience, acceptance and recovery. Paul Nguyen may never know the true or lasting impact of his courage to come forward and share his story, the painful details, the fears and the doubts, but he may have saved many lives by doing so.

Paul should be proud of his efforts to dispel the myths of mental illness, to show people that recovery can and does happen and that mental illness can be managed with the support of family, friends, community and treatment. He has put a "face on mental illness" and in doing so has humanized a medical condition that impacts so many Ontarians.

As a society we should all show the same courage as Paul and work in our own communities to develop a society that is inclusive, accepting, supportive and understanding of mental health and mental illness. After all, there is no health without mental health.

David Simpson, St. Thomas

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