Turning Points: My Journey Into and Out of Mental Illness

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“Speaking from Experience”
The Present

- Mental Health Advisor
- Former Executive Director/CEO
- Spouse
- Mother
- Grandmother
- Keynote Speaker

- Productive
- Outgoing
- Accomplished
- Compassionate
- Happy
- Fulfilled
The Past

- Failure
- Sponge
- Disability claimant
- Burden
- Hopeless
- Helpless
- Guilty
- Worthless
- Angry
- Suicidal
Touch Point #1: The early years
YOUR "PLANS"

THE UNIVERSE'S PLANS FOR YOU
Now it’s your turn.
Touch point #2: Attribution
My credentials
My constant companions
What’s Working?

- The work (purpose)
- Time off
- Accommodation
- People
What’s Not Working?

- The silence
- The eggshells
- Time off
- Isolation
Touch point #3: A phone call
Touch point #4: A dinner party
Touch point #5: A miracle? Or science?
My two BFFs: Maya and Johnny
You can close your eyes to the things you don't want to see, but you can't close your heart to the things you don't want to feel.

~Johnny Depp
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