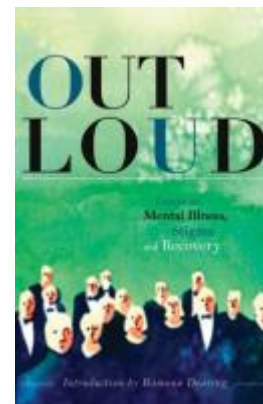
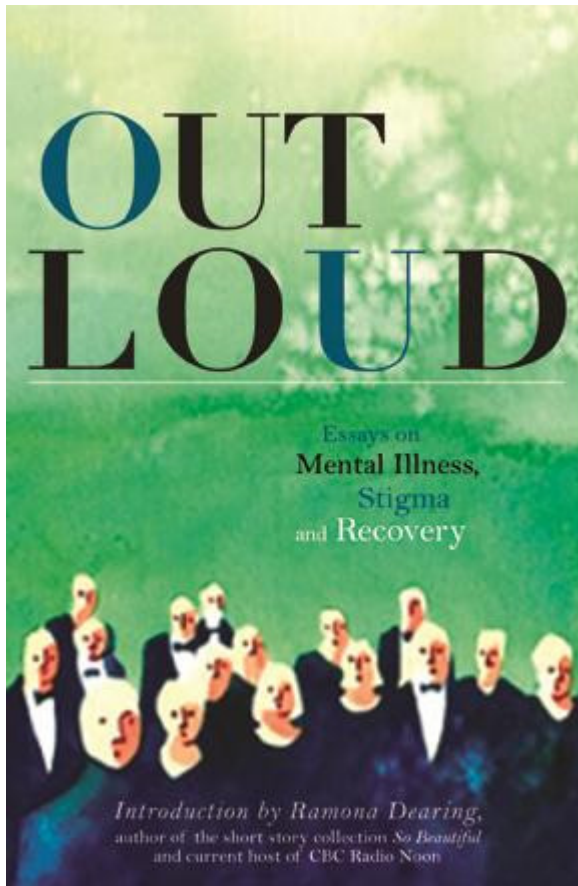


Out Loud: Essays on Mental Illness, Stigma and Recovery



A partnership between **Canadian Mental Health Association, NL Division (CMHA-NL)**, and **Breakwater Books, Ltd.**, *Out Loud* is a collection of more than fifty essays by Newfoundlanders and Labradorians from all walks of life who have been affected by mental illness. There are essays by those who have experienced mental illness themselves, by family and friends, by community members, and by professionals who deal with mental illness. The voices here are ones of hope, pain, and honesty. The true meaning in this compelling collection is found in the willingness of the essayists to step forward and share their experiences in hopes of lessening stigma and broadening the conversation about mental illness.

Out Loud also contains an introduction by Ramona Dearing, author of the short story collection *So Beautiful* and host of CBC Radio Noon. To hear Ramona's interviews with select essayists from the book that were originally aired during Mental Health Week 2010 (May 3 - 9), [click here to visit the CMHA-NL website](#).

To purchase *Out Loud*, you can buy online from the **Breakwater Books website** or **Chapters**. Royalties from the sale of the book will benefit CMHA-NL, the Pottle Centre, **the Schizophrenia Society of NL**, and **CHANNAL (Consumers' Health Awareness Network Newfoundland and Labrador)**.

For more information about *Out Loud*, [contact CMHA-NL](#).