

CIHR CAFÉ SCIENTIFIQUE PRESENTS

Science on tap...
Quench your interest

**Stress,
depression,
anxiety:**

Am I
the only one?

Tuesday, September 18th, 5 p.m.
Le Petit Chicago

50 promenade du Portage, Gatineau, Quebec
Please RSVP: cafescientifique@cihr-irsc.gc.ca

(All presentations will be in French)

Join us for discussions, debates, and refreshments. This free event is presented by the Canadian Institutes of Health Research and its Institute of Neurosciences, Mental Health and Addiction.

Staying healthy in a crazy workplace can be a challenge.

Stress, depression, anxiety are more common than we think – one in five Canadians will experience mental illness at some point in their lives. How do we deal with it in the workplace? How do others deal with it? Does mental illness still carry the stigma it once did? Our leading experts have some answers about how our work affects our mental health and how our mental health affects our work.

Dr. Jean-Claude Bisserbe
MD, FRCPC
Clinical Director
Royal Ottawa Hospital's
Mood Disorder Program

Dr. Sonia J. Lupien
PhD
Director
Centre for Studies
on Human Stress
Douglas Institute and
McGill University

Dr. Richard Bergeron
MD, PhD, FRCPC
(Psychiatry)
Scientist, Ottawa Health
Research Institute

Moderator:
Dr. Rémi Quirion
Scientific Director
Institute of Neurosciences,
Mental Health and Addiction


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