

Peter Root 1976 – 2000

Loved life. Had many friends.
Extremely gifted. Played the guitar, sang.
Sensitive. Stood up for the underdog.
Started using drugs at age 14 to mask the pain.
Completed suicide in 2000, age 23



Jeff Ferri 1982 – 2000

Bright, creative, musical, artistic
Athletic, responsible
Likeable, friendly, lots of friends
Sensitive, kind, always willing to help friends
Depressed at 10, started attempting suicide at 15
Completed suicide in 2000, age 18



Samuel Houle 1982 – 1998

Energetic and cheerful
Loved to laugh and joke, despite frequent physical illness
Depressed at 9
Depression intensified and progressed
Tried to ease other people's pain to get away from his own pain
Completed suicide in 1998, age 15



Cale Simon 1986 – 2003

Son, brother, nephew, cousin, friend
Energetic, likeable, creative, affectionate
Sensitive, angry, volatile
Completed suicide in 2003, age 16



Death of Darkness, Birth of Light

*You think you're smart
You're wrong
Arrogance and abuse radiate off you in livid waves
Your grasp is tenuous, your foot falling
You bestow upon me a blow of pain and burden
You deliver to me a package of anguish and depression
You carry with you a whip of fiery, uncontented, authority
Each lash sends me reeling into darkness
You drink the light of life from my soul, leaving only despair
Yet I must fight you, I must hold onto the light
I have discovered the purity
Your hold loosens and crumbles as I pull away from you
My feet tear apart your thorny, restricting vines of venom
I am now free, you no longer hold power over me
The light has filtered into you and rendered you powerless
You cannot halt me
I am now free*

Andrew Humenny, Age 17
Andrew suffers from many mental health disorders. The darkness he refers to in his poem is the illness when it overtakes him.

The people behind the quilt

Susan Hess is a parent of a child with mental illness. A passionate and visionary advocate for children and families with mental health problems, she sees the quilt as a way to honour and recognize the children who have struggled valiantly with mental illness. By persuading the children and families to allow their real identities to be used, she hopes to remove the stigma of mental illness and let the power of the children's courage take centre stage.



Joy Hansen started making quilts as a way of sharing her fond memories of playing with quilts her Grandmother had made. Now an award-winning quilter, she understands the comforting value of a quilt. She believes that quilts bring people together and enjoys making special quilts for worthy causes.



Parents for Children's Mental Health

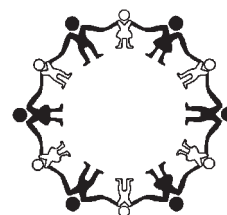
Parents for Children's Mental Health provides a voice for children and their families in Ontario who face the challenges of mental health problems. Founded in 1994, it is non-profit and led by volunteer parents of children with mental health problems.

Parents for Children's Mental Health works with families, the general public, mental health professionals and agencies, and government to provide education, support and advocacy.

Parents for Children's Mental Health has commissioned the Quilt of Honour as a way of recognizing the daily struggles of children with mental illness and their families.

Every child's mental health is important. By working together, caring families and communities can help.

To find out how you can help, visit
www.parentsforchildrensmentalhealth.org

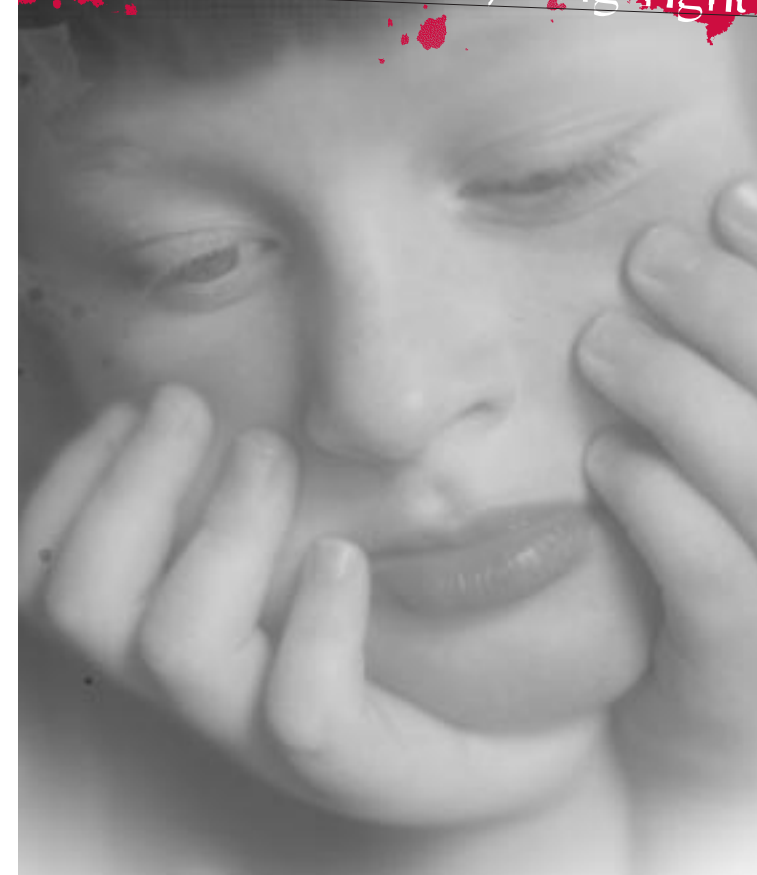


Parents for Children's Mental Health

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416-921-2109

Email: parents@parentsforchildrensmentalhealth.org

I hate my life
I wish I was dead
I am stupid
I want to kill myself
I never do anything right



We are children with mental illness

We have faces, names, hearts and feelings

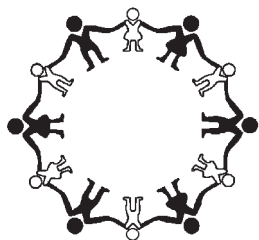
With diagnosis and treatment, we can feel better about ourselves

We can be like other kids

We can contribute

Some of us die

Know us as children, not as a mental illness



Parents for
Children's
Mental Health

Many children have mental health problems. These problems are real, painful, and sometimes severe.

At any given time, one in five children suffers from a mental health problem.

One in ten children seriously considers suicide.

The Quilt of Honour has been created to honour all children with mental illness – those who are alive and those who have died.

One of the biggest challenges facing children with mental illness and their families is the shame and stigma of mental health problems. Fear of stigma, and the resulting discrimination, discourages people from getting the help they need. These are the courageous children and families who have agreed to let their names stand on the Quilt of Honour.

Chantel Caron

Frightened, shy, timid. Depressed and suicidal from the age of 12



The Quilt of Honour



The design of the quilt was inspired by the old-fashioned paper-doll chain. The red and white figures in the chain represent children.

The figures holding hands represent children who have received help for their mental health problems.

The figures standing alone represent children who are waiting for help.

The white figures represent children who have taken their own lives.

The Children of the Quilt

Received counselling for herself and her family
Now is confident, willing to try new things, more social
A good friend, a good aunt, good with small children

Leah Hess

Aggressive, anxious, defiant, suicidal from the age of 5
At age 10, admitted to hearing voices telling her to kill herself and her mother
With mental health treatment,



changed from a child frozen in fear to a social, confident youngster with a great sense of humour
Loves country music, baking, movies
Loyal, true friend; perceptive and trusting
High school graduate, award-winning volunteer with seniors

Jeff Kettle

Good sense of humour; strong sense of the dramatic
Strong inner spirit; able to reach people and touch their hearts. First psychotic episode at age 15. Now diagnosed with schizophrenia.

"Mental health treatment literally saved Jeff's life."



Amanda

Loves music, taking walks, and jewellery
Interested in history and geography
Compassionate. Saved a child who was drowning in a backyard pool.
Startled by sudden noises; dislikes change
Prone to violence and uncontrolled aggression
Severe mental health problems.
Still struggling

Andrew Hummeny

Restless, colicky baby
Easily distracted during grade school, hyperactive and aggressive
Severe anxiety, depression and panic disorder as a teen
Episodes of psychosis
Suicide attempt at age 16 left him with serious brain damage
Progress is slow and difficult

