

For more information please contact:

Suits Me Fine (Volunteer Office)
100 Stokes Street, 5th floor
Toronto, ON M6J 1H4

Tel.: 416 535-8501 ext. 36010

Or visit the Careers and Volunteers section of
www.camh.ca

If you have questions, concerns or compliments
about services at CAMH, please call the Client
Relations Service at:

Tel.: 416 535-8501 ext. 32028 or 32027

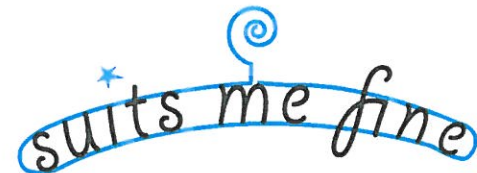
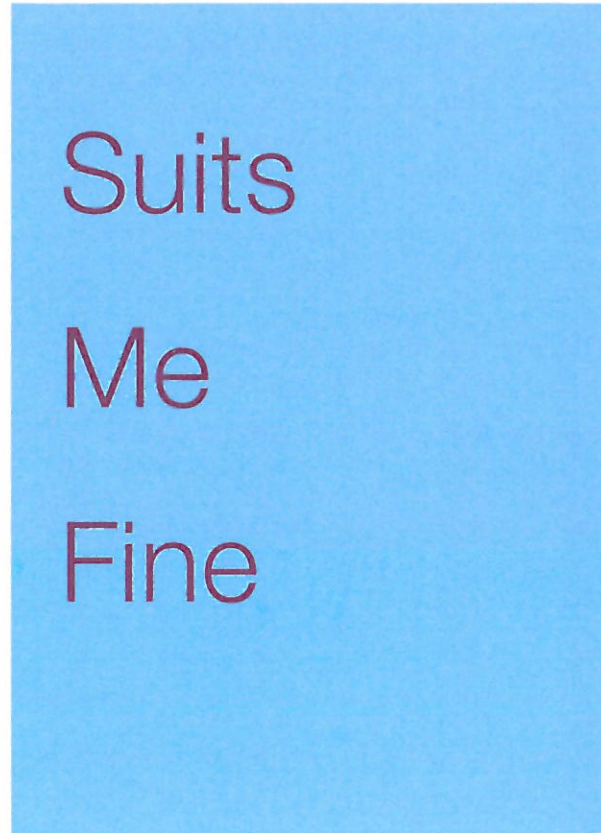


Norma McDowall, Coordinator – Suits Me Fine

CAMH is a scent-free and tobacco-free hospital.
Our policies ensure a healthy and healing
environment for CAMH staff, clients, visitors
and volunteers.

camh Canada's Leading Hospital
for Mental Health

A Pan American Health Organization / World Health Organization Collaborating Centre
Fully affiliated with the University of Toronto



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for Mental Health

Suits Me Fine clothing program

What is Suits Me Fine?

Suits Me Fine is a clothing boutique open to all CAMH clients. The store, located at our Queen Street site, offers a range of wardrobe choices including everyday essentials such as socks, undergarments and casual wear, as well as formal attire such as suits, dresses and accessories. The store also carries a selection of sleepwear and toiletries.

How does it work?

Some CAMH clients cannot afford to buy new clothes. The Suits Me Fine boutique addresses this need by supplying clothing free of charge. The program outfits thousands of CAMH clients a year!

Where does the clothing come from?

We are able to offer these clothes for free thanks to the generosity of people like yourself in the community, as well as CAMH staff and local businesses. The many contributions to Suits Me Fine include new and gently used clothes, as well as ongoing financial support.

Please join our supporters by remembering Suits Me Fine the next time you refresh your wardrobe!



How does Suits Me Fine help our clients?

Suits Me Fine is more than just a clothing store.

As well as supplying everyday clothing, we help clients to choose suitable clothes for important occasions such as job interviews, court appointments and special events. We also provide winter coats and shoes when possible.

You can see the immediate impact on clients' self-esteem when they find clothes that they enjoy and that fit well. Looking good has a direct impact on a person's confidence and provides a positive boost to their self-image. At Suits Me Fine we believe in the notion of looking good and feeling great!

Participating in Suits Me Fine as a volunteer

Participating in the program:

- creates a positive impact on the lives of CAMH clients
- allows you to use your skills and talents in rewarding ways
- creates a sense of social commitment and responsibility.



Some of the 2013 fashion show models

Suits Me Fine fashion show

Since 2004, Suits Me Fine has hosted a fabulous fashion show at CAMH's Queen Street site, featuring clients modelling a selection of clothes of their choosing from our store.

Admission to this annual event is free for all who wish to support our clients. It is always a packed house!

Keep an eye out for event information or call 416 535-8501 ext. 36010 to find out more.

About CAMH

CAMH is Canada's leading hospital for mental health and addictions. Combining specialized care and treatment with groundbreaking research, innovation and advocacy, CAMH transforms lives.

In 2013 we treated almost 30,000 patients, from children to seniors. Home of one of the largest hospital-based psychiatric training programs in North America, CAMH educates 25% of the psychiatrists in Canada as well as thousands of other health care professionals every year.

CAMH is also one of the world's top mental health research centres, where scientists integrate brain science, clinical innovations and social and epidemiological research discoveries for game-changing impact.

CAMH is redeveloping—building a new kind of hospital for the 21st century. Our new buildings are a model for community integration, city building, and an optimistic approach to patient care and recovery.

Mental health today

In any given year, one in five Canadians experiences a mental health or addiction problem. No family is unaffected.

Mental illness is the second leading cause of disability and premature death in Canada. In any given week, at least 500,000 employed Canadians are unable to work due to mental health problems. The cost of mental illness to the Canadian economy is over \$51 billion annually.

With care and support, people can and do recover. However, the stigma surrounding mental illness is a barrier to people receiving the help they need.

CAMH's vision

CAMH is committed to transforming the future of mental health. We are advancing care, discovering how to prevent illness, and building a movement to change social attitudes toward mental illness.

Our strategic plan makes some bold promises. We envision a future when everyone will believe that life is worth living. A time not too far from now when we will know what causes mental illness. And when everyone who touches CAMH will be an advocate for mental health.

Help us keep our promises. Spread the understanding, and get involved with CAMH.

Current and past donors to Suits Me Fine

Business and Organizations

Big It Up Hats
CI Investments
Comrags
Hats On for Awareness
Jonathan+Olivia Boutique
Kind Exchange
Look at Me Now
Mark's
My Dream Closet
N.Y. Sawden
REALTORS Care
Foundation
V S P Consignment store

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Mckenzie, Zena
Morrison, Christie B.
Muldoon, Meghan
Newman, Aba
Panchal, Mona
Seymour, Geoffrey M.
Slaight, Donna
Thomson, Ruth
Willis, Donna

CAMH Foundation
CAMH Gift of light
CAMH staff

How can we help your organization?

Employers can leverage CAMH's leading mental health and addictions professionals to proactively manage employee well-being and provide educational programs for your company.

Call the CAMH Business Development Office at 416 535-8501 ext. 33226.

CAMH Work, Stress and Health Program

Tel.: 416 535-8501 ext. 77375
E-mail: wsh@camh.ca

The Work, Stress and Health program partners with organizations to promote mental health and recovery from work-related injury and illness for their employees or members.

The program provides:

- psychiatric and psychological assessments
- treatment and disability management services
- return-to-work planning
- consultation for best practices in employee mental health and wellness
- training and education on workplace quality of life and other mental health topics.

CAMH Education

Tel.: 416 535-8501, ext. 36945

CAMH Education is a dynamic leader in mental health and addiction education. Its primary focus is on educating professionals and professionals-in-training to effectively support the recovery of patients, and to respond to the needs of families. CAMH Education also designs and develops learning materials and trainings, with a particular strength in customer service training, that increase the capacity of organizations to positively address mental health issues in the workplace.

CAMH Foundation

Tel.: 416 979-6909

Many businesses and corporations work closely with the CAMH Foundation to advance their corporate social responsibility (CSR) objectives through investments—donations and sponsorships—in treatment, education and research. Recognizing the impact of mental illness on the lives of employees and customers, the Foundation will work to align your company's support in a way that achieves real impact for CAMH while meeting your own CSR objectives.