

# Download Living After Mental Illness Innovations In Services

A discussion paper of the Canadian Mental Health Association Ontario and Centre for Addiction and Mental Health which identifies barriers to employment for persons with mental health conditions. Mental health: Learn how to recognize and deal with the stigma of mental illness and don't let it stand in the way of getting treatment. Determining which mental illness you have. Sometimes it's difficult to find out which mental illness may be causing your symptoms. But taking the time and effort to get an accurate diagnosis will help determine the appropriate treatment. Universal MH/DD/SAS is CARF accredited! [Click here for more information about our accreditation.](#) Welcome to Universal Universal MH/DD/SAS is dedicated to helping individuals and families affected by mental illness, developmental disabilities and substance abuse in achieving their full potential to live, work and grow in the community.