

**DR. AMRESH SHRIVASTAVA**  
cordially invites you to the launch of  
his latest mental health non-fiction book

**MIND MATTERS**  
A PSYCHIATRIST'S NARRATION.

and a public workshop  
**STIGMA: LET'S TALK**

- Date and time: Saturday, July 21, 2018, 3:00 – 6:00 p.m.
- Location: London Public Library, 251 Dundas. London Ontario
- Registration is free. Please RSVP at [www.mindmattersbook.com](http://www.mindmattersbook.com)

**Stigma: Let's Talk** is a workshop focused on the stigma around mental health care. The event will feature an open forum discussion around stigma, its impact on patients and care providers, and how we can work to reduce stigma. The conversation will include examples from local research on the topic. The workshop will feature special guest, Dr. Robbie Campbell, clinician-scientist at Lawson Health Research Institute and professor emeritus at Western University's Schulich School of Medicine & Dentistry, as well as Dr. Amresh Shrivastava, adjunct scientist at Lawson and professor emeritus at Schulich Medicine & Dentistry.

The event will also include the official launch of Dr. Shrivastava's new nonfiction book, "**Mind Matters: A Psychiatrist's Narration**," featuring a compilation of stories on mental illness. Dr. Shrivastava's book launch will be introduced by Dr. David Hill, Scientific Director of Lawson Health Research Institute.

## **ABOUT THE BOOK**

Edition Details: Paperback, 390 pages, ISBN: 97814834860

Lulu Publishing Services rev. date: 05/23/2018, [www.lulu.com](http://www.lulu.com)

Available at [www.lulu.com](http://www.lulu.com), Price 25.91 CAD and 19.20 USD

'**Mind Matters**' started as a concept of exposing the reality of mental health in order to inform and equip every member of society on what mental illness is and is not, and how to act upon it when necessary. I have compiled stories of my own patients (whom I remember fondly) with scientific explanations and comments appended at the end of each chapter. Knowledge, in my firm belief, is what would clear the fog that surrounds the world of mental health and illness. In these current times, the stress that the 21<sup>st</sup> century lifestyle brings has made many vulnerable to mental health problems. Although such problems are manageable and treatable, these silent sufferers seldom receive the appropriate treatment. This is, for the most part, due to stigma, which arises from lack of knowledge and interest in mental health. Stigma is decidedly a major clinical risk factor that can deprive a person of the care and treatment that is available. We are unable to deal with it because people do not speak up about their experiences, thus are unable to project examples of successful treatment. Therefore, I have written 'Mind Matters' in order to raise awareness about mental health. I firmly believe that psychiatric treatment restores human rights and dignity of individuals with mental illnesses and therefore all patients have a right to receive treatment in every society.