

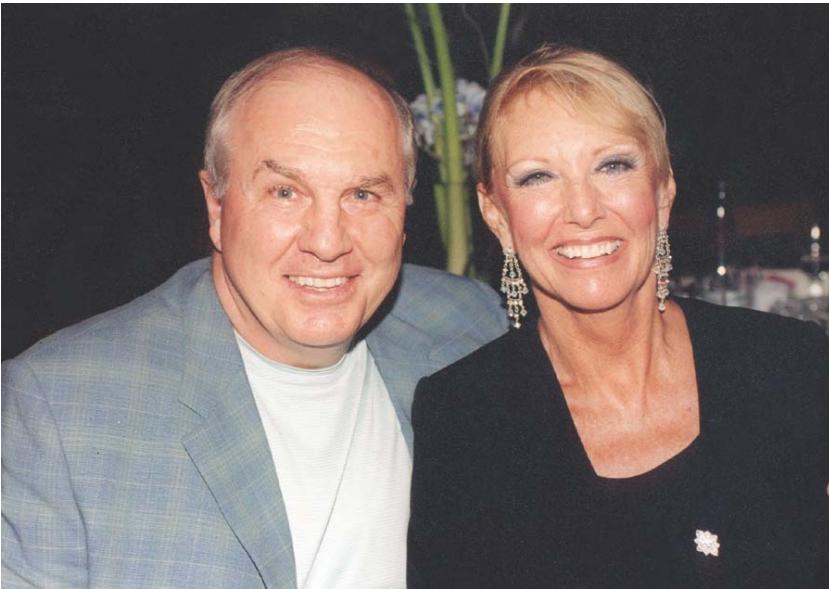
Embrace Mental Illness: My Journey through Depression

Ron Ellis

Former Toronto Maple Leafs Player
Mental Health Advocate

Four Important Areas of Importance In Recovery from Depression

1. Family
2. Good Family Doctor
3. Good Hospital Facility
4. Role of Employer



Ron with his wife Jan



Ron with his daughter
Kitty, at her wedding



Ron with his son R.J.