

# Mental illness The Cost of Silence



## SPEAKER

**Vickie Skorji**

Director of TELL Lifeline



## DATE&TIME

**Dec 21st  
Thu**

**12:30 -14:00**

## VENUE

Hitotsubashi Uni.  
East Campus  
**Mercury Hall  
7F**

## TIME SCHEDULE

12:30- lecture  
13:15- Q&A session  
14:00- coffee reception

In Japan, an estimated 1500 people attempt suicide every day and 59 die by suicide. Behind these statistics are the individual stories of those who have, for many different reasons, questioned the value of their own lives.

But suicide is not an illness in itself, it is the outcome of an illness that is not being treated. For most people who die by suicide, they were struggling with a mental illness that was not being treated. This talk will discuss the cost of stigma in Japan and how changing our thoughts about mental illness can change someone's life.