



Laura Burke is a poet, actor, playwright, mental health advocate, peer support worker, and Drama Therapist in training. She has spent the last 10 years navigating the mental health system from the inside, first for depression, and then later for schizophrenia. As she prepares to become a Drama Therapist and Certified Counsellor and Psychotherapist and to join the mental health system in Canada, she would like to share an insider's perspective on the strengths of our current system, and to shine a light on some areas in great need of improvement.