

Karen Liberman
Executive Director
Mood Disorders Association of Ontario (MDAO)

Karen Liberman is the Executive Director of the Mood Disorders Association of Ontario. Karen is a long-time community activist and planner, workshop presenter, group facilitator, and social justice advocate. Karen is well-known for her presentations on many topics including mood disorders, mental illness and the discrimination and stigma that can result. Above all she is a shining example of hope and recovery. Karen has been honoured by Chatelaine as a Health Hero and by the Royal Bank of Canada for her work combating stigma and mental illness. Recently, Karen was featured on the nationally televised CTV documentary "Fighting the Dragon". In 2003, Karen also received the Courage to Come Back Award from the CAMH Foundation. Most recently, Karen received the 2004 Ontario Psychological Association's Public Service Award for her outstanding contribution to the psychological well-being of the citizens of Ontario, and the Toastmasters International 2005 Communication and Leadership Award. Karen has recovered from a decade long battle with severe clinical depression and has a close family member with the condition. She has spoken across Canada about her own journey and her battles against the darkness, the secrecy, and above all, the stigma. Karen has often said she will "go anywhere and speak to anyone" on the topic of mood disorders, recovery, and hope.