

## Consider these facts

- One in five people experience a mental Health problem at some point in their life.
- We all know someone who has a mental illness.
- Mental illness affects more people than cancer or heart disease.
- What is mental illness? Depression, bipolar disorder, schizophrenia, anxiety disorders, personality disorders, and eating disorders are all mental illnesses.
- Most people with depression respond well to treatment. Many don't seek the help they need.
- Persons with a mental illness are not weak, lazy, unintelligent, or dangerous.
- "Role overload" – Over half of Canadians report that the stress of maintaining a balance between work, home, family and social responsibility has affected their mental health.
- The myths about mental illness can prevent people from seeking help, and from finding stable employment and housing.
- Statistics show that as a group, those with mental illness are no more violent than any other group in the population.
- People with mental illnesses are at a higher risk of violence due to poverty, transient lifestyle and substance use. problems.

## Your mental health

Consider these key characteristics when assessing your own mental health:

**Ability to enjoy life** – Are you focused on the past? On things you cannot change?

**Resilience** – Do you recover quickly from hard times? Do serious life events cause you to lose hope and your sense of perspective?

**Balance** – Do you feel that your life is out of control? Do you focus too much on one part of life, ignoring others? Are you able to make changes to return balance when needed?

**Self-actualization** – Do you recognize and develop your strengths? Do you lack the drive to reach your full potential?

**Flexibility** – Do you express different emotions? When problems arise, can you change your outlook – of life, others, yourself – to solve the problem and feel better?

### Mental fitness tips

Like physical fitness, achieving and maintaining good mental health is something that we all have to work at! Here are some simple ways to practice mental fitness:

- Daydream
- "Collect" positive emotional moments
- Do one thing at a time
- Exercise
- Enjoy hobbies
- Set personal goals
- Keep a journal
- Share humor
- Volunteer
- Treat yourself well

## Contact CMHA-NL

For more information, please contact us.

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**Website:** [www.cmhanl.ca](http://www.cmhanl.ca)

**Twitter:** @CMHANL

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Canadian Mental  
Health Association  
Newfoundland and Labrador

## Mental health for all!



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[www.cmhanl.ca](http://www.cmhanl.ca)

## About CMHA-NL



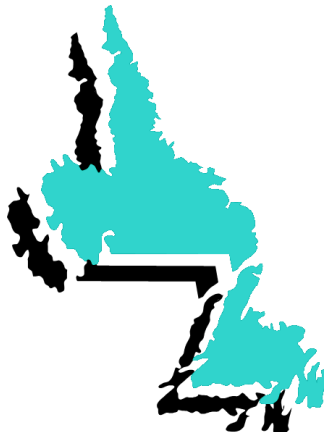
**Canadian Mental Health Association**  
Newfoundland and Labrador

The Canadian Mental Health Association, Newfoundland and Labrador Division (CMHA-NL), is a voluntary, non-profit, charitable organization established in 1964 to promote a better understanding of mental health and mental illness throughout our province.

As a division of the national CMHA, our mission is to facilitate access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

This mission is accomplished through building capacity, influencing policy, providing services, and developing resources.

CMHA-NL division's provincial office is in St. John's, and we also have two regional offices located in Grand Falls-Windsor (Central) and Stephenville (Western). We are governed by a volunteer board of directors from all over the province.



## What we do

We carry out our mandate in a variety of ways, including but not limited to the following:

We develop and deliver education programs and give presentations on issues related to mental health and mental illness to a wide variety of audiences in different settings.

We influence public policy to improve overall system barriers to good mental health and recovery from mental illness for all Newfoundlanders and Labradoreans.

We strive for changes to services, and for improvements in factors such as income, housing, and social inclusion to improve living conditions of individuals recovering from mental illness.

We sit on committees and participate in consultation processes at the community, provincial and national levels that inform public policy and decision making.

We hold fundraising and awareness events during Mental Health Week (the first week of May), Mental Illness Awareness Week (the first week of October), and throughout the year.

We write articles and provide information for print media, and participate in television, newspaper, and radio interviews.

We work with the national CMHA office and other branches/divisions, and collaborate/partner with many mental health stakeholders throughout the province.

We participate in research related to mental health and mental illness.

We provide information on mental health, mental illness, and related resources and services to people throughout the province.

## Mental health for all!

Mental health is essential to overall well-being and is more than just the absence of illness. Good mental health is something that we can *all* have, regardless of whether or not one has a mental illness. Mental health is determined by many different but interconnecting factors, which is why CMHA-NL works together with people from many different backgrounds, such as government, health care, education, community and nonprofit, as well as persons with lived experience of mental illness and their families. We are all responsible for trying to improve mental health because there is no health without mental health!

Some of our current programs and areas of focus:

**Changing Minds:** Mental illness education

**The Justice Program:** Mental health in-reach services at Her Majesty's Penitentiary and community case management and support.

**Think Twice:** Anti-stigma program for youth.

**Seniors' Mental Health education**

**Workplace Mental Health:**

Training, information resources, and consultation services to support employer/employee mental health and overall health and wellbeing in workplaces.

**At Work:** Assists individuals with mental health issues who are unemployed (or under-employed) to obtain and maintain competitive employment.

**Mindscapes:** Annual art exhibit and auction of works created by individuals with lived experience of mental illness and/or addictions.

**Contact your local CMHA-NL office for the most up-to-date information on our programs and services.**

## You can make a difference!

By making a donation to CMHA-NL, you are supporting our programs and services, and helping us achieve our mission in Newfoundland and Labrador.

**I pledge a monthly donation of:**

\$100  \$50  \$30  \$20  \$10 Other \_\_\_\_\_

**I pledge a one-time donation of:**

\$100  \$50  \$30  \$20  \$10 Other \_\_\_\_\_

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*Please provide your email address if you would like to receive news and information from CMHA-NL.*

**Payment Options:**

**Cheque or money order** (Please make cheque or money order payable to Canadian Mental Health Association, NL Division.)

**Visa**

**MasterCard**

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_

Signature \_\_\_\_\_

Detach this form and mail to:

**Canadian Mental Health Association  
Newfoundland and Labrador Division  
603 Topsail Road  
St. John's, NL A1E 2E1**

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