

Become a Member

Yearly Membership Fee

(membership expires March 31st of each year)

- Personal \$20** (\$2.50 for those on limited income)
- Organization \$25**

Members are entitled to:

- receive notice of meetings of members
- voting privileges at the Regional Annual General Meeting, including election of the Board of Directors
- receive newsletters
- receive a tax deductible receipt

Membership at the regional level automatically qualifies for membership at the provincial and national levels.

- Ms. Mrs. Mr. Dr.

Name: _____

Address: _____

City/Town: _____ Province: _____

Postal Code: _____

Tel: (_____) _____

Email: _____

Please make cheques payable to the Canadian Mental Health Association, Winnipeg Region



Donations

Donations can be made in two ways - by cheque (payable to CMHA Winnipeg Region) or by credit card through www.CanadaHelps.org



Mental Health and Mental Illness in Canada

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- 20% of Canadians will personally experience a mental illness in their lifetime.
- Mental illness affects people of all ages, educational and income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- A complex interplay of genetic, biological, personality and environmental factors cause mental illness.
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.
- Stigma or discrimination attached to mental illness presents a serious barrier, not only to diagnoses and treatment but also to acceptance in the community.
- Mental illnesses can be treated effectively.
- Mental Health is defined as: "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."¹
- \$51 billion is the estimated cost of mental illness to the Canadian economy in terms of health care and lost productivity.²
- 23% of workers experienced health problems caused by stress, anxiety or major depression.³

Sources:

The Report on Mental Illness in Canada, October 2002

EBIC 1998 (Health Canada 2002), Stephens et al., 2001

¹ World Health Organization, 2007

² Dewa, CS et al., a new population-based measure of the burden of mental illness in Canada, Chronic Diseases in Canada, 2008

³ Desjardin Financial, Financial Security Survey of 2007, 2007



For more information

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CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

CANADIAN MENTAL HEALTH ASSOCIATION

WINNIPEG | Region

The Canadian Mental Health Association, a nation-wide voluntary organization, promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Who We Are

As part of a leading national organization in mental health, the Canadian Mental Health Association, Winnipeg Region, has been an active advocate since its incorporation in 1984 for the development of comprehensive services and support for people recovering from a mental illness. Through innovative services, information, education and social action, CMHA works to promote positive mental health to ensure that people with a mental illness are full participants in our community.



Mission

The Canadian Mental Health Association, a nation-wide voluntary organization, exists so that people of Winnipeg are mentally healthy and people experiencing mental illness have support for their resilience and recovery.

Goals

- Help people with mental illness become full participants in society.
- Provide the people of Winnipeg with an understanding of the factors involved in being mentally healthy.
- Provide families and caregivers access to the appropriate supports required by themselves and for those they care for.
- Provide decision makers adequate information to make informed decisions regarding mental health and mental illness.

What We Do

Supporting Resilience and Recovery

The Association assists individuals recovering from a mental illness to achieve goals related to housing, personal relationships, work, leisure and education. Our **Rehabilitation & Recovery Service** provides a step-by-step process that helps people to select a place to live, learn, work or socialize from a broad range of possibilities based on the person's interests, experiences and skills. Housing, work, education and income are key elements of citizenship for everyone.

Recovery Workshops are offered on a range of wellness and health topics in the spring and fall to people experiencing mental health problems. These workshops offer practical information and tools in a group setting that assist people in their recovery.



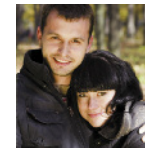
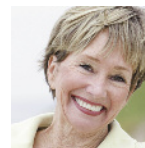
Mental Health Education

CMHA is committed to promoting mental health and decreasing stigma surrounding mental illness by providing education to enhance awareness and understanding. Mental health is the foundation for well-being and effective functioning for an individual and for a community.

Through education and training activities such as presentations and workshops, our **Community Education Service** assists services and individuals in understanding mental health and mental illness.

Finding Help

Providing people with accurate and timely information about services and supports for people experiencing mental health problems is an important part of our work. Some of the information we can provide includes information on services provided by government, the regional health authority and community groups. We publish a *Mental Health Resource Guide* that lists help available in Winnipeg. Through our **Information & Referral Service** we hope to increase knowledge of services and supports for people experiencing problems, their family members, or other people in our community who need information.



Know Your Rights

Our **Rights Consultation Service** helps people with a mental illness to know and exercise their rights when they have complaints about services they have received or feel their rights and entitlements have not been upheld. Our Rights Consultant can explain the choices that are open to a person to have problems addressed. The Rights Consultant can also provide information about rights under The Mental Health Act and other laws and can accompany people to hearings that are scheduled as a result of concerns raised.

Influencing Public Policy

The Association plays an active role to ensure that public policy supports community participation and integration of people with mental illness, as well as promotes the overall mental health in society. Influencing public policy means identifying common barriers and problems shared by a broad range of individuals and groups, and then acting by developing strategies to resolve them.

www.cmhawpg.mb.ca

