Mental Illness

Mental illnesses can affect a person's mood and cause difficulties in a person's ability to think and relate to others. Mental illness may affect our ability to cope with the demands of daily life. Mental illnesses can occur at any age and affect people of all cultures.

Eating Disorders

- common in men and women under the age of 30
- anorexia nervosa, the most common, is a serious illness that involves drastic weight loss due to fasting and excessive exercise. This illness can become life-threatening.
- bulimia involves binge eating followed by self-induced vomiting and the abuse of laxatives.

Personality Disorders

- a personality disorder is a type of mental illness in which a person has trouble perceiving and relating to situations and to people. There are many specific types of personality disorders.
- in general, a person with a personality disorder has a rigid and unhealthy pattern of thinking and behaving, no matter what the situation. This leads to significant problems and limitations in relationships, social encounters, work and school.
- in some cases, the person may not realize they have a personality disorder because their way of thinking and behaving seems natural to them, and they may blame others for the challenges they face. Source: www.mayclin.com

Organic Brain Disorders

- affects about 1% of people as a result of brain injury.
- affects about 1% of people as a result of physical disease or injury to the brain.
- disorders include Alzheimer's disease, AIDS dementia complex (caused by damage to brain cells by the HIV virus), and damage from strokes and accidents.

These Organizations offer Information & Support for Organic Brain Disorders:

- ALZHEIMER SOCIETY OF MANITOBA
  204-943-6622 Toll Free 1-800-378-6699
  www.alzheimer.mb.ca

- LEARNING DISABILITIES ASSOCIATION OF MANITOBA
  204-774-1821
  www.LDaManitoba.org

- MANITOBA BRAIN INJURY ASSOCIATION
  204-975-3280

- SOCIETY FOR MANITOBANS WITH DISABILITIES
  204-975-3010 orTTY 204-975-3012

- STROKE RECOVERY ASSOCIATION OF MANITOBA
  204-943-2880

- FASD INFORMATION MANITOBA
  1-866-877-0050

- FASD LIFE'S JOURNEY INC.
  204-772-1591

- INITIATIVES FOR JUST COMMUNITIES, FASD PROGRAM
  204-925-1913

- MANITOBA FASD CENTRE
  204-235-8866
  www.fasdmanitoba.com

Mental Health

Our mental health is an ever changing aspect of ourselves. Positive mental health is described as:
- emotional and psychological wellness
- positive self-concept, self-acceptance
- satisfying interpersonal relationships
- satisfaction in living
- feeling in control, taking personal responsibility for your actions and feelings
- ability to handle daily activities

By being self-aware we can take positive steps towards mental health when the balance is disrupted. Here are some simple ways to work toward regaining a balance...

- get adequate sleep
- eat a balanced diet
- get regular exercise
- practice relaxation techniques
- make time for pleasurable activities, hobbies, and work
- prioritize tasks, delegate, don't take on too much
- develop supportive relationships
- don't be overly critical of yourself
- focus on your strengths and abilities
- LAUGH!

There are many possible causes of mental illness including biochemical, genetic, social, psychological or environmental. When you first seek help, a mental health professional will want to assess the symptoms in order to diagnose the problem and decide on the best treatment. A diagnosis is not always easy to make.

Here is a list of common mental illnesses and symptoms:

Anxiety Disorders

- affects about 12% of Canadians.
- includes generalized anxiety, phobias (involuntary but intense fear of objects, animals or situations) and panic attacks (repeated episodes of intense, sudden fear and physical symptoms such as difficulty breathing, sweating, heart racing).
- Obsessive-Compulsive Disorder (OCD) is another anxiety disorder in which a person is unable to control the repetition of unwarranted thoughts or actions.
- Post Traumatic Stress Disorder (PTSD) can affect anyone who has survived a severe and unusual physical or emotional trauma. People may re-experience the trauma through nightmares or flashbacks and may also experience anxiety, insomnia, poor memory and difficulty concentrating.

Mood Disorders (depression and bipolar disorders)

- affects up to 10% of Canadians.
- people with mood disorders experience the "highs" and "lows" of life with greater intensity and longer than most people.
- depressive symptoms include feelings of sadness, changes in eating patterns, disturbed sleep, lack of energy, inability to enjoy life, difficulty concentrating and making decisions, impaired sex drive, feelings of helplessness and hopelessness that can lead to thoughts of death or suicide.
- bipolar symptoms include periods of depression and periods of feeling "high" or euphoric, which can lead to impaired judgment and insight, extreme irritability, excessive energy and difficulty concentrating.

Schizophrenia

- affects 1% of Canadians, with the onset usually in the late teens or twenties.
- symptoms may include distorted thought processes, delusions (false or irrational beliefs), hallucinations (seeing or hearing things that do not exist) and odd behaviour.
- other symptoms include social withdrawal, depression, lack of interest, and difficulty expressing emotions.
- the number and severity of episodes vary.
Self-Help Organizations

The Winnipeg community offers a variety of self-help groups which provide the opportunity for consumers, family members and the general public to gather information, receive peer support, obtain counseling and find out about available resources. Other services offered may include advocacy, support groups, workshops, social opportunities and public education.

Please refer to website listing on back page for more information.

• MANITOBA SCHIZOPHRENIA SOCIETY
  100-4 Fort Street  ·  204-786-1616

• MOOD DISORDERS ASSOCIATION OF MANITOBA
  100-4 Fort Street  ·  204-786-0987

• ANXIETY DISORDERS ASSOCIATION OF MANITOBA
  100-4 Fort Street  ·  204-925-0600

• OBSESSIVE COMPULSIVE DISORDER CENTRE MANITOBA, INC.
  100 - 4 Fort Street  ·  204-942-3331

• EMOTIONS ANONYMOUS  ·  204-269-6248

• EATING DISORDERS SELF-HELP PROGRAM
  CMHA MANITOBA DIVISION
  2633 Portage Avenue  ·  204-935-2358

Intensive Case Management, and provides resources to individuals and families impacted by an eating disorder while working to promote healthy body image, self-acceptance, and eating disorder awareness throughout Manitoba.

• INDEPENDENT LIVING RESOURCE CENTRE
  311A-393 Portage Avenue  ·  204-947-0194

Information and referral, peer support, individual advocacy, development of independent living skills, resourcefulness development and a resource library for people with all types of disabilities.

• SENeca WARM LINE
  Available 7:00pm-11:00pm daily  ·  204-942-9276

Offers peer support, help with problem-solving and information about community resources to those who are struggling with mental health and life issues.

• INITIATIVES FOR JUST COMMUNITIES, MENTAL HEALTH AND DISABILITIES PROGRAM
  Mennohome Central Committee  ·  204-925-1921

Program raises awareness of the issues of mental illness within congregations by networking with other mental health and community agencies and by providing resources such as speakers, videos, workshops and written materials.

• DUAL RECOVERY ANONYMOUS  ·  204-772-1037
For individuals affected by both chemical dependency and an emotional or psychiatric illness.

• THE COMPASSIONATE FRIENDS
  685 William Avenue  ·  204-787-4896

Resource library, support meetings, drop-in, newsletter, workshops, and telephone friends for bereaved parents.

• RAINBOW RESOURCE CENTRE  ·  204-474-0212
This centre is a not-for-profit community organization that provides support, education, programming and resources to the gay, lesbian, bisexual, transgender and two-spirit communities of Manitoba and North Western Ontario.

• OVEREATERS ANONYMOUS  ·  204-334-9008  ·  www.oa.org

• S.P.E.A.K. SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE
  242-870 Portage Avenue  ·  204-784-4064

• OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSSS)
  Offers community resource information and referral, education, and peer support to military members, veterans and their families who have been impacted by an operational stress injury (OSI) as a result of operational duties. Family members contact: 204-831-3444  ·  204-984-0878 or 204-833-2500 ext 5201  ·  www.osiss.ca

• PUBLICATIONS
  www.moodsmag.com  ·  www.schizophreniadiagnost.com
  www.mentalhealthrecovery.com

Getting Help

If you or someone you know is experiencing a mental health problem, it is important to seek help early. It is a good idea to see a doctor to assess your overall health and to rule out any underlying physical illness. Be very specific and thorough about what you have been experiencing in order for the doctor to provide the best possible course of treatment.

If you do not have a Family Doctor and you need to find a Family Doctor who is accepting new patients; call Family Doctor Connection at 204-786-7111.

Your doctor may prescribe treatment or you may be referred to a psychiatrist or a general practitioner who has specialized training in psychiatry, or other mental health professional.

Other professionals who may be part of your treatment team include: psychiatric nurses, social workers, community mental health workers, occupational therapists or psychologists.

Winnipeg Regional Health Authority

To access any of the following WRHA Community Mental Health Services for adults experiencing mental health problems, call 940-2655 CENTRAL INTAKE.

Adult Community Mental Health Services

Community Mental Health Program:
Provides Clinical Case Management services and supports in the 12 community areas throughout Winnipeg. WRHA Mental Health Housing Services:
189 Everson Street
Must be referred by a Community Mental Health Worker!

Intensive Case Management Program (ICM):
Provides Rehabilitation-Oriented Case Management services with an emphasis on the development of skills and supports.

Program of Assertive Community Treatment (PACT):
Provides Specialized Treatment, Rehabilitation, and Support services using a multidisciplinary team approach.

Co-occurring Disorders Program (CODI):
Provides Clinical Consultation, Case Management, Dialectal Behavior Therapy, and Specialized Treatment Services.

Treatment is most effective when it is started early. With proper treatment, most people recover fully from the first episode of psychosis. For many, the first episode is also the last. If you suspect psychosis, don’t ignore it.

Community Health Clinics

Community clinics offer a range of health services.

ACCESS DOWNTOWN
640 Main Street  ·  204-940-3638

ACCESS RIVER EAST
975 Henderson Highway  ·  204-938-5000

ACCESS TRANScona
845 Regent Avenue West  ·  204-938-5555

AKINS STREET - COMMUNITY HEALTH CENTRE
601 Akins Street  ·  204-940-2025

HEALTH ACTION CENTRE
640 Main Street  ·  204-940-1626

HOPE CENTRE HEALTH CARE INC.
240 Pavey Street  ·  204-589-8354

KLINIC COMMUNITY HEALTH CENTRE
870 Portage Avenue  ·  204-884-4090

MOUNT CARMEL CLINIC
886 Main Street  ·  204-582-2311

NORTHWEST CO-OP COMMUNITY HEALTH CENTRE, INC.
103 - 1 61 Tyndall Avenue  ·  204-940-2020

PRIMARY CARE CLINIC - WRHA
1001 Corydon Avenue  ·  204-940-2000

SAUL SAIR HEALTH CENTRE - SUDAM MISSION
300 Princess Street  ·  204-943-0658

WOMEN'S HEALTH CLINIC
3rd Floor, 419 Graham Avenue  ·  204-947-1517

YOUVILLE CENTRE
6-845 Dakota Street  ·  204-255-4840

ABORIGINAL HEALTH AND WELLNESS CENTRE
215-181 Higgins Avenue  ·  204-925-3700

CENTRE DE SANTÉ SAINT BONIFACE
D-1049, 409 Tache Avenue  ·  204-235-3910
Counselling or Therapy
In addition to medical treatment, professional counselling or therapy is often beneficial in the treatment of mental health problems or mental illnesses. Counselling may address one or more of the following issues:
- effective coping strategies for daily living
- relationships and family communication
- changing negative thought patterns
- dealing with loss and grief
- childhood issues of abuse, neglect or trauma
- crisis planning
- managing emotions in a healthy way
- problem-solving
- building self-awareness and self-esteem
- developing new skills

Counselling can come from a number of perspectives and may be focused on particular issues. Examples of different perspectives may include feminist or faith-based approaches. Sometimes, counselling is focused on a particular issue such as domestic abuse, past childhood abuse, or specifically for men. When choosing a counselling or counseling organization, ask questions about the perspective and focus to make sure it fits with your values, beliefs, and needs.

Peer Support Services
- SENECA HOUSE 204-231-0217
  24 hours, 7 days a week, safe house for adults with mental health problems. Provides respite care and peer support. Phone available to ensure space and appropriateness of service. Referrals required for first time guests.
- SENECA WARM LINE 204-942-9276
  (available 7:00pm - 11:00pm daily)

Finding a Counsellor
- Ask your doctor for a referral to a qualified counsellor (a referral may be required by the counsellor or by your insurance plan to receive coverage).
- See the Yellow Pages under Counsellors.
- Your employer may have an Employee Assistance Program (EAP) that provides free confidential counselling or referral to counselling.
- Check if your private medical insurance plan covers professional counselling.
- Contact these professional organizations:
  - MANITOBA PSYCHOLOGICAL SOCIETY  www.mps.ca  204-488-7398
  - MANITOBA INSTITUTE OF REGISTERED SOCIAL WORKERS  204-889-4977  www.mirsww.mb.ca  or call one of the agencies listed below.

Crisis Services
What is a Crisis?
- A time of difficulty or change.
- A disruption or breakdown in your daily living pattern.
- A temporary inability to cope by your usual ways of problem solving.
- A feeling of being out of control.

Contact any of the Following
These services require the consent of the person experiencing the crisis.
WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA), MOBILE CRISIS SERVICE 204-940-1781
Is a multi-disciplinary team specializing in crisis intervention, mental health assessment, and short term follow-up for adults experiencing a mental health crisis. Offers 24 hour crisis intervention and home visits. Individuals, family members, and service providers can call for assistance.

CRISIS STABILIZATION UNIT (WRHA) 755 Portage Avenue 204-940-3633
Provides short term intervention for adults experiencing mental health crisis.

YOUTH EMERGENCY CRISIS STABILIZATION SYSTEM 204-949-4777 or 1-888-383-2776
OSBORNE HOUSE INC. 204-942-3052
Provides 24 hour crisis line including shelter, detox, housing, and counselling.

WINNIPEG EMERGENCY SERVICES OPERATOR 911
Will connect your call to the appropriate Emergency Department who will then take care of your situation.

KLINIC 786-8686 or 1-888-322-3019
24 hour crisis line offers counselling service and crisis intervention.

MANITOBA SUICIDE LINE 1-877-435-7170
Hospital Emergency
HEALTH SCIENCES CENTRE Adults: 204-787-5167
Children: 204-787-2306
GRACE GENERAL HOSPITAL 204-837-0157
ST. BONIFACE GENERAL HOSPITAL 204-237-2260
SEVEN OAKS GENERAL HOSPITAL 204-632-9232
VICTORIA GENERAL HOSPITAL 204-477-3148
CONCORDIA HOSPITAL 204-661-7194
MISSISSIPPI HEALTH CENTRE Urgent Care: 204-878-8188
Several hospitals have psychiatric nurses on duty in emergency for part of the day/ evening. Inquire about specific schedules.

Addictions
- ADDICTIONS FOUNDATION OF MANITOBA Residential and Community Treatment - Adults and Youth Prevention and Education programs, Gambling programs province wide 1031 Portage Avenue 204-944-6200
- ADDICTIONS RECOVERY INC. Supportive housing for men recovering from addiction 204-586-2550
- BEHAVIOURAL HEALTH FOUNDATION Residential Treatment 35 avenue de la Digue, St. Norbert 204-269-3430
- ESTHER HOUSE Second stage housing for women recovering from addiction 204-582-4043
- LAUREL CENTRE Counselling for women who have been sexually abused as children and have an addiction 104 Roslyn Road 204-783-5460
- MAIN STREET PROJECT INC. Orphanage Centre (non-medical) Emergency shelter 75 Martha Street 204-982-8245
- NATIVE ADDICTIONS COUNCIL OF MANITOBA Residential Treatment - culturally based programming 160 Salter Street 204-586-8395
- YOUTH ADDICTIONS CENTRALIZED INTAKE SERVICE 1-877-710-3999 province wide
- SALVATION ARMY ANCHORAGE PROGRAM Residential Treatment - adults 180 Henry Avenue 204-546-9401
- TAMARACK REHAB INC. Second Stage additions residential treatment - adults 80 Bristol Avenue 204-772-9836
- FOUNDTION Residential Treatment - adults 208-323-Portage Avenue 204-942-0126
- AL-ALON/ALETAIN CENTRE SERVICES MANITOBA Self-help group for individuals who are concerned about a family member or a friend's drinking 101-204 Portage Avenue 204-942-6051
- COCAINE ANONYMOS 204-936-0000
- NARCOTICS ANONYMOS 204-981-1730
- GAMBLERS ANONYMOS 204-582-4823
- FAMILIES ANONYMOS A support group for adults who are concerned about someone close to them who is using or abusing alcohol or drugs 204-237-0336
- NORTH END WOMEN'S CENTRE - ADDICTIONS RECOVERY PROGRAM A five-month recovery women who has completed additions treatment 204-927-2482
- NORTH END WOMEN'S CENTRE - BETTY BERG HOUSE Second stage housing for women recovering from addiction 204-632-5721

Mental Health
Help for Families

Families can play a valuable role in supporting a family member with a mental health problem. Having a family member with a mental illness is stressful. In addition to coping with the practical issues of day-to-day living, families can experience tremendous guilt, fear, grief, anxiety, self-doubt and a lack of control. The person with the mental illness benefits most from support and encouragement. Family members and friends who have a good understanding of the illness and treatment options will be better equipped to support each family member when they react differently to the situation. The person dealing with a mental illness must always be treated with dignity and respect.

Many self-help organizations offer information and support to families.

Here are a few TIPS for Families:

• TIP Find out about mental health resources in the community.
• TIP Keep a journal of notes about what has been happening, which can help you to see patterns, etc.
• TIP Make a list of questions you may want to ask the doctor.
• TIP Ask for information about the illness and the treatment.
• TIP Offer choices to the person such as: “Will you go to the hospital with me or would you prefer (name a friend) go with you?”
• TIP Have a plan for dealing with crisis situations such as who to call, what services are available, and who can support the person and family through a crisis.
• TIP Make sure you are looking after yourself: maintain outside interests, gain support from others, seek counselling if necessary.

The following offer specialized services for families dealing with mental illness:

- ST. BONIFACE HOSPITAL FAMILY THERAPY
  A referral is required: 204-237-2066
- Family Therapy is also provided by:
  - AURORA FAMILY THERAPY CENTRE 204-786-9251
  - THE FAMILY CENTRE OF WINNIPEG 204-947-1401
  - NEW DIRECTIONS FOR CHILDREN, YOUTH AND FAMILIES 204-786-7051 ext 5262
- Family Therapy for families with children under 18 years of age.
- THE COUPLES COUNSELLING PROJECT
  University of Manitoba 204-790-7221
  - CENTRE RENAISSANCE CENTRE 204-256-6750
  - AULNEAU RENEWAL CENTRE 204-987-7090
  - NEW DIRECTIONS PARENTING CENTRE 204-956-6560
  301-521 McDermot Avenue - A service to support families with small children, birth to 12 years of age

Also see Counselling or Therapy list on page 3.

Stress

18 Tips for Dealing with Stress and Tension

Stress and tension are normal reactions to events that threaten us. Such threats can come from accidents, financial troubles and problems on the job or with family.

The way we deal with these pressures has a lot to do with our mental, emotional and physical health.

The following are suggestions to get you started on managing the stress in your life.

1. Recognize your symptoms of stress.
2. Look at your lifestyle and see what can be changed - in your work situation, your family situation, or your schedule.
3. Use relaxation techniques - yoga, meditation, deep breathing, or massage.
4. Exercise - Physical activity is one of the most effective stress remedies around!
5. Time management - Do essential tasks and prioritize the others. Consider those who may be affected by your decisions, such as family and friends. Use a check list; you will receive satisfaction as you check off completed jobs.
6. Watch your diet - Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. A diet with a balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health. Contact your local Heart and Stroke Foundation for information about healthy eating.
7. Get enough rest and sleep.
8. Talk with others - Talk with friends, professional counsellors, support groups or relatives about what's bothering you.
9. Help others - Volunteer work can be an effective and satisfying stress reducer.
10. Get away from stress - Read a book, watch a movie, play a game, listen to music or go on vacation. Leave yourself some time that's just for you.
11. Work off your anger - Get physically active, dig in the garden, start a project, or get your spring cleaning done.
12. Give in occasionally - Avoid quarrels whenever possible.
13. Tackle one thing at a time. Don't do too much at one time.
14. Don't try to be perfect.

Education and Support Groups

MENTAL HEALTH EDUCATION FOR FAMILIES
Are you coping with a mental illness of a family member? Do you struggle with how to support your loved one? Do you want to know how to support yourself, as a family member? CMHA Winnipeg Region is now offering an eight week course for families and friends. Call 204-982-6100 or visit www.cmhawpg.mb.ca

“NAME THAT FEELING SUPPORT GROUP” - is for children who have a family member with a mental illness (this includes any mental illness). This is a 7 week support group that offers young people 7 years old and up the opportunity to discuss their needs and feelings around living with a family member with a mental illness. Individual appointments on request. Contact the Manitoba Schizophrenia Society at 204-786-1616

MANITOBA SCHIZOPHRENIA SOCIETY FAMILY SUPPORT GROUP - Peer led. Fourth Tuesday of each month from 7 p.m. – 9 p.m. Contact the Manitoba Schizophrenia Society at 204-786-1616

STRENGTHENING FAMILIES TOGETHER - An eight session education program for family members and friends of individuals living with psychosis. Contact the Manitoba Schizophrenia Society at 204-786-1616

EIGHT STAGES OF HEALING - A ten week program for families and friends of someone with a mental illness and/or a co-occurring disorder. Contact the Manitoba Schizophrenia Society at 204-786-1616

FAMILY AND FRIENDS is a support group sponsored by the Mood Disorders Association of Manitoba. It meets weekly on Wednesday evenings 7:00pm - 9:00pm at 100 - 4 Fort Street. 204-786-0987

S.T.E.P. (Schizophrenia Treatment & Education Program) This program offers an educational workshop for family members that covers a variety of topics related to understanding and supporting a family member living with schizophrenia. Workshop is offered twice a year. Contact 204-787-5005

MANITOBA FIRST-EPISTODE SCHIZOPHRENIA FAMILY SUPPORT GROUP
Families with young people who have experienced first-episode psychosis meet monthly to share, learn, support each other and lobby. Contact Christine: 204-475-8381

CONTINUITY CARE INC.
Assists and supports families to ensure a safer and more secure future for their family member with a disability. Contact 204-779-1679 www.continuitycare.ca

S.P.E.A.K. SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE - A family-based education and support group.
204-784-4064 www.klinic.mb.ca/speak.htm

Mindfulness Based Stress Reduction Courses are now offered through the CMHA Winnipeg Region office. Call 982-6100 or visit www.cmhawpg.mb.ca/msbr.htm for more information.

Walking Breaks
Walk away from stress instead of sitting down for another cup of stress-inducing caffeine on your coffee break, lunch hour or when you’re at home by going for a stress relieving energizing walk. If you don’t like walking by yourself, try forming a walking club with two or three of your co-workers or friends.

For more information on Stress Management workshops check out www.localcourses.com

Source: www.cmhawpg.mb.ca/mentalhealthsite website.
Medication
Medication can be one aspect of a treatment plan for people with mental illness. It can control the acute symptoms and prevent relapse of both schizophrenia and mood disorders. However, medication does not cure mental illness - only controls it. Medications may have side effects, cost, and the time it needs to be effective. For these reasons it may be necessary to try several different medications and adjust the dosage several times before you find the combination that is right for you.

The following information is meant as a guide only of the wide variety of medications available. It is important to talk to your doctor or other health care provider and to your pharmacist about all of your medications - including any that you may be taking for other conditions. Ask your doctor or other health care provider the following questions:

1. What is the name of the medication?
2. How do I take it?
3. What are the risks and benefits?
4. Are there any foods or drugs - including non-prescription drugs and natural remedies - that I need to avoid?

Try to go to the same pharmacist for all of your prescriptions. If you experience side effects from any medication, or if you have a medication allergy, talk to both your doctor and pharmacist about it. Don’t stop taking your medication and don’t change your dose of medication without talking to your doctor first.

In Manitoba your pharmacist is required to counsel you about your medication. Ask them questions for more information about your medication. Remember that the use of alcohol with any medication is potentially dangerous.

Antipsychosis Medications
Also known as neuroleptics or major tranquilizers, antipsychosis medications are used to treat acute psychotic illness, especially schizophrenia and mania; and to prevent recurrences of these illnesses.

SIDE EFFECTS include dryness, dizziness, dry mouth, movement problems and stiff muscles. Tardive Dyskinesia (TD) or involuntary movements may occur when they are used for longer periods of time. Managing side effects may be achieved by changing medication, changing dose, or taking drugs, for example benperidol, prochlorperazine, and trihexyphenidyl for movement side effects.

Antidepressants
Antidepressants are used to treat and control depression.

SIDE EFFECTS include dry mouth, blurred vision, difficulty urinating, constipation, sedation, and dizziness. These medications take several weeks to reach their full effect. Caution is needed by elderly people when taking antidepressants - because they work in the nervous system, some antidepressants are also used in other conditions such as pain).

Mood Stabilizers
These are used to control people in the state of great excitement and emotional stress, for example acute mania. Lithium is the most common. These can take several weeks to work.

SIDE EFFECTS include lethargy, trembling, nausea, diarrhea, frequent urination, and mental functioning problems. Blood tests are needed. Carbamazepine, valproic acid, topiramate, and some other anti- seizure medications are also used as mood stabilizers because they have an effect on the nervous system. In some people, these drugs can have fewer side effects.

Anxiety Medications
Also known as tranquilizers or sedatives, anxiety medication are used to relieve the distress of anxiety.

SIDE EFFECTS include sedation, lethargy, depression, difficulty concentrating, and memory problems. Dependancy can occur if they are used for periods of time.

SILDOAM MISSION - HANNAH’S PLACE EMERGENCY SHELTER 204-943-1748

300 Princess Street
Intake daily 9:00 am - 5:00 pm

OSBORNE HOUSE 204-942-3052

Offers short-term emergency shelter for women and children in abusive relationships.

KIVE-Widdj-Jitwinn 204-987-2780 or 1-800-362-3344

Offers shelter, support and counselling to women who are suffering from emotional, physical or sexual abuse from their intimate partner.

THE SALVATION ARMY - Booth Centre 204-946-9402

180 Henry Street
Provides short term accommodations for men and women.

THE SALVATION ARMY - SonRise Village 204-946-9471

A family shelter.

EMERGENCY SHELTER FOR MEN - During business hours call 204-415-6797 ext. 200. After business hours call: The Provincial Domestic Abuse Line at: 1-877-977-0777 or Osbourne House at 204-942-3052

Emergency Shelter for Men and their children is accessible through the Men’s Resource Centre for men who are fleeing intimate partner domestic violence and/or abuse.

MENTAL HEALTH

Mental Health services are provided, on a voluntary basis, in licensed and approved facilities. Care provided includes mental health services which are used to relieve the distress of anxiety. It is important for our emotional well-being. Finding the right mental health facility is one of the most important factors in our emotional well-being. Finding the right mental health facility is one of the most important factors in our emotional well-being.
The Manitoba Mental Health Act

The Manitoba Mental Health Act is a provincial law that provides the legal framework by which individuals may be assessed and treated in a general hospital psychiatric unit, a psychiatric hospital or a mental health clinic. The intent of the Act is to balance an individual’s need and right to treatment, the individual’s civil rights not to be arbitrarily detained, and the need of society to prevent people from harming themselves or others when they are mentally ill. Here are the key points for consumers to know:

1. How are people admitted to a psychiatric facility?

VOLUNTARY PATIENT

A person may request admission as a voluntary patient, in which case, a doctor must agree that admission is indicated. The vast majority of patients who are admitted to a psychiatric unit in a hospital are admitted voluntarily.

INVOLUNTARY PATIENT

Any doctor can make application for a psychiatric assessment based on his or her personal assessment that the individual is suffering from a mental disorder that likely will result in serious harm to themselves or another person, or will seriously deter or not kept in a psychiatric facility.

- A police officer may be requested through a warrant or their review involuntary status, mental competency, failure to authorize the withholding of access of a patient to his or her personal assessment that the individual is suffering from a mental disorder that likely will result in serious harm to themselves or another person, or will seriously deter or not kept in a psychiatric facility.

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2. Can a person be forced to accept medication against their will?

A person can apply in writing to the medical officer in charge of the psychiatric facility to see and/or copy the clinical file. Any doctor can make application for a psychiatric assessment based on his or her personal assessment that the individual is suffering from a mental disorder that likely will result in serious harm to themselves or another person, or will seriously deter or not kept in a psychiatric facility.

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Recovery & Empowerment

Recovery is possible for everyone. It is a process. Recovery means that people with mental illness can live a meaningful life even though they may be dealing with symptoms of mental illness at times. Recovery means that you are not defined by your mental illness; it is only a part of you. As people begin to re-discover who they are and what gifts they have to offer, the illness becomes less prominent in their lives. Recovery is about re-gaining meaningful roles in family and community life.

Rehabilitation and Recovery Service is a service of the Canadian Mental Health Association, Winnipeg Region. We work in partnership with people 18 or over who have a diagnosed mental health condition, including those with a co-occurring disorder (substance use or gambling) and a mental health condition. This service is based on the belief that individuals with a mental health condition can recover and create a quality life for themselves. The rehabilitation we pursue with participants is about more than just finding a job, home, friend, or school. It involves helping the individual to recover or discover meaningful life roles like being a successful and satisfied employee, tenant, friend, or student. Using a step by step approach staff assist individuals to identify a place to live, earn, visit, or achieve from the broadest range of options, based on personal preferences, interests and skills. Participants identify goals, set a course of action, and work on their recovery.

Developing the right skills, resources, and supports are important so that once the individual begins their new role they can achieve success and satisfaction and be so motivated to maintain it. If you are interested in finding out more about our service please call 204-982-6100 www.cmhaowpg.mb.ca/recovery.htm

Exploring the Journey of Recovery Workshops is offered by the Canadian Mental Health Association, Winnipeg Region. Participants start with a 3 hour introductory workshop that focuses on recovery, change and overall health and wellness. This is followed by an individual planning session with the workshop facilitator. During the planning session the participant will have the opportunity to develop their own recovery plan. The plan may include participation in other health, wellness and recovery workshops that are designed to develop the individual’s recovery activities. Workshops will be offered throughout the year. For information or to register, call the Canadian Mental Health Association, Winnipeg Region at 204-982-6100 www.cmhaowpg.mb.ca/epj.htm

Partnership for Consumer Empowerment

A program of the Canadian Mental Health Association Manitoba Division

The purpose of this program is to build consumer capacity and increase consumer participation in the development, delivery and evaluation of mental health systems, services and programs and to increase consumer influence on consumer role recovery in service delivery. The program also serves as a Centre of Technical Assistance and Expertise to persons and organizations across the province.

Contact 204-933-2354 www.cmhma.ca

Artheart Studio, Inc.

A community based, peer directed art studio that enables consumers of mental health services to engage in creative expression for the purpose of promoting recovery and empowerment. 62 Albert Street, 4th Floor 204-943-5194 www.artheartstudio.ca

Social Activities

Being part of interesting activities and having friends are important. They give us something to care about and add meaning to our lives. The following are some helpful hints in locating activities and finding out the information you need to decide if an activity is for you or club.

Gathering Information...

Local community newspapers (e.g. The Metro, The Times) as well as the “Winnipeg Neighbours” (published by the Winnipeg Free Press every Wednesday), are good sources of information about activities in various groups or hobby clubs throughout Winnipeg. Interest or hobby clubs are very open to new members and all that is required is an interest in the club and its activities. Other sources of information of types of clubs or other activities include:

• “Contact” Community Resource Guide – available at your local library or www.contactmb.org/index.html
• The Winnipeg Free Press book under specific topics of interest, ‘clubs’ or ‘associations’
• public bulletin boards at libraries or in the community
• shopping malls or grocery stores and community organizations

Friends, relatives and acquaintances are usually more than willing to talk about their experience and knowledge of social activities.

Getting Involved...

After locating an activity or club you find interesting, there may still be certain information you want or need before making a decision. Often a phone number and/or contact person is listed. Possible questions you may want to ask are:

• Are there any costs involved in participating in the activity or group? Is membership required?
• When and where is the activity/does it fit in with your schedule/are there bus services?
• Who attends the activity or club? (eg. men and women or a mix of both, age range of people who attend, how many people attend or are members)
• Are there any specific skills needed to attend or become a member?
• How are new people welcomed?

Sharing the Fun...

Going to new places or meeting new people is not always easy and can be stressful. It may help to go with a friend or let the contact person know you are coming. They will often make a point of looking for you and perhaps introduce you to others. It takes time to meet others and feel comfortable in a new setting. Give yourself and the activity a chance. You may be pleasantly surprised.

Rights

People need to know their rights as patients and consumers of services and how to exercise these rights when they have problems.

Where to know where to take concerns and complaints is important.

CANADIAN MENTAL HEALTH ASSOCIATION, WINNIPEG REGION
204-982-6100 www.cmhaowpg.mb.ca/rights.htm

INDEPENDENT TENANT ADVISOR - RESIDENTIAL TENANCIES
204-881-1714 302-254 Edmonton Street
Provides information to all tenants representing themselves in residential tenancy matters and provides representation to qualifying tenants.
www.gov.mb.ca/fs/cta/ntadvisor.html

LEGAL HELP CENTRE
204-238-3056 www.legalhelpcentre.ca

113 Balnorl Balcon
Answers questions about legal processes in Manitoba, provides workshops on legal topics, provides help accessing community services, and provides legal help from law students for those who qualify.

MANITOBA HUMAN RIGHTS COMMISSION
204-945-3001 www.mhr.gov.mb.ca

Inquires, investigates and attempts to resolve complaints of unlawful discrimination and harassment.

MENTAL HEALTH REVIEW BOARD
204-945-6050

Under the Mental Health Act, patients have the right to appeal certain aspects of their admission or treatment in a psychiatric facility.

OMбудSMAN MANITOBA
204-982-9130 or 1-800-665-0531 www.ombudsman.mb.ca

An office independent of government that receives inquiries and complaints from people who believe they have been treated unfairly by departments and agencies of the provincial government or by a municipal government; and those who have concerns about their requests for access to information, or about the privacy of their personal health information.

PERSONAL HEALTH INFORMATION ACT (PHIA)
204-788-6612 www.gov.mb.ca/health/phia

To protect your right to privacy, PHIA sets rules for trustees when they collect, use, or share your personal health information.

For more information on PHIA, contact Manitoba Health.

The PROTECTION FOR PERSONS IN CARE OFFICE
204-788-6366 www.gov.mb.ca/health/protection/

This office investigates reports of alleged abuse against adults receiving care in personal care homes, hospitals or any other designated health services.

SOCIAL SERVICES APPEAL BOARD
204-945-3003 or 204-945-3005 www.gov.mb.ca/fs/sasb/index.html

The Social Services Appeal Board is an independent appeal board for decisions about employment and income assistance.

WINNIPEG HOSPITALS HAVE PATIENT ADVOCATES OR PATIENT REPRESENTATIVES who can follow up on concerns around patient care. Call the hospital switchboard for contact number.

MENTAL HEALTH

Recreation

The City of Winnipeg Community Services Department provides a variety of recreation, leisure and sports programming throughout Winnipeg. People with a disability or special needs are encouraged to participate in regular programs. For these programs the Department may be able to offer supplementary assistance if you consider a fee waiver if financial limitations prevent participation. For information, call:

YMCA-WYCA OF WINNIPEG, DOWNTOWN BRANCH
301 Vaughan Street 204-947-3004

A reduced membership fee may be available by going in person to the downtown branch and asking for a membership assistant appointment.

WELLNESS INSTITUTE AT THE SEVEN OAKS GENERAL HOSPITAL
1075 Leila Avenue 204-632-3900 www.winnipegsfitnessinstitute.ca

Offers a variety of health and wellness programs.

Skill Building

YMCA-WYCA Learning and Leisure Centre

This program is for adults with psychiatric disabilities and focuses on developing skills and supports needed and wanted in order to be involved in living, working and social roles in the community.

Also offers a supported recreation program that assists members to meet others and develop genuine friendships.

Community Therapy Services Inc.

SUPPORT AND CONSULTATION FOR INDEPENDENT LIVING

Occupational therapists in this program work with adults recovering from serious mental illness who lack experience or have difficulty with independent living skills such as money management, meal preparation, household and community management, etc. Therapists complete functional assessments and assist individuals to gain independence through developing skills and/or accessing supports for improved success in community living.

CTS therapists can also assist individuals with physical limitations to become more independent by identifying appropriate equipment, home adaptations, and other interventions.

Call 204-949-0533 for more information or to access.

Get Better Together

A program for living better with chronic disease. Get Better Together is a free six-week program that takes control of your health and be better able to manage pain, start an exercise program, eat well to live better, use medication effectively, deal with fatigue and frustration, increase your energy level, solve problems and make personal choices. Call to your doctor and make choices.

Call 204-632-3927 to register.

Visit www.wellnessinstitute.ca for more information.

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The Myths of Mental Illness

How much do you know about mental illness?

Here are some common myths and truths.

**MYTH:** People with mental illness are violent and dangerous.

TRUTH: As a group, mentally ill people are no more violent than any other groups. In fact, they are more likely to be the victims of violence than to be violent themselves.

**MYTH:** People with mental illness are poor and/or less intelligent.

TRUTH: Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.

**MYTH:** Mental illness is caused by a personal weakness.

TRUTH: A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill.

**MYTH:** Mental illness is a single, rare disorder.

TRUTH: Mental illness is not a single disease but a broad classification for many disorders. Anxiety, depression, schizophrenia, personality disorders, eating disorders and organic brain disorders affect millions of Canadians every year.

Source: www.cmha.ca Canadian Mental Health Association website.