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## Mentally Healthy People in a Healthy Society



### General Information

Mental illness continues to be one of the last acceptable stigmas in Canada. Consider these facts...

- 50% of Canadians would tell friends or co-workers that they have a family member experiencing a mental illness, as compared to wide majorities who would discuss diagnosis of cancer or diabetes in the family.
- One in four Canadians say they would be fearful to be around someone with a mental illness.
- 46% of Canadians think people use the term mental illness as an excuse for bad behaviour.
- The majority of Canadians say they would be unlikely to hire a person with a mental illness as a lawyer, child care worker, financial advisor or family doctor.
- The majority of Canadians say they would be unlikely to enter into a spousal relationship with someone who has a mental illness.



The Canadian Medical Association (CMA) "Eighth Annual National Report Card on Health Care", 2008



## How to access our services for a serious mental illness

Referral → Assessment → Eligibility → Community Service

It is our MISSION to enhance and promote the mental health of all persons... by supporting the resilience and recovery of people experiencing mental illness in our community through education, prevention, advocacy and services.

Referrals come from a variety of sources including doctors, hospitals, family members, Police/Crown, other community agencies and self-referral. Referrals can be initiated by phone or in person by visiting our main office at 1400 Windsor Ave.

Eligibility: Our services are available to people over the age of 16 primarily with a serious mental illness and who live in Windsor and Essex County. The Early Intervention Program accepts clients age 14+.

We provide a broad range of interventions that are tailored to the individual's needs, including but not limited to:

- Intensive Case Management
- Community Treatment Orders
- Early Intervention
- Justice Program
- Urgent Response
- Information Referral Services
- Hospital Outreach
- Advocacy Services
- Community Outreach
- Dual Diagnosis
- 24 Hour Staffed Home
- Employment Support Services
- Housing Program
- Vocational Maintenance
- Low German Intensive Case Management
- Concurrent Disorder Assessment



Mental Health Is  
Everybody's Business

## Workplace Health Services

Our Workplace Health Services (WHS) contract with companies to provide services to their employees and their dependents. Short term solution focused counselling, crisis supports, assessment and referral services are provided. WHS also offers workshops on employment related mental health topics, individual and family counselling on a fee for service basis.

Over 90% of the problems presented fall into 3 broad categories, psychological issues, family and relationship issues.

The quality of service provided through WHS is exceptional. Employees who access supports are contacted the same day and often are scheduled to be seen within the same day or week in which they call. All employees and their dependents are eligible for 24 hour crisis supports through our crisis line.



For more information please call (519) 971-0314



The City Centre Health Care (CCHC) is a satellite program of the Teen Health Centre and is a part of the integrated programs provided at CMHA-WECB. Our multi-disciplinary team of family doctors, nurse practitioners, therapists and dietitian provide assessment, diagnosis and treatment and referral to other health care professionals when required.

## Prevention Programs

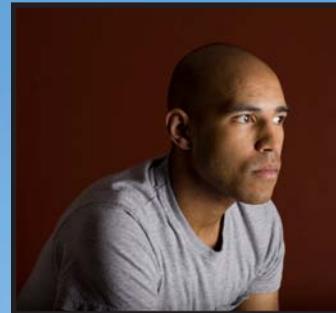
Our Prevention Programs are community funded programs that serve the Windsor & Essex County community. These programs are provided through the generosity of our local citizens and the United Way, reaching thousands of people every year. Reaching people means improving lives. These programs include Public Education, Adult and Children's Bereavement.

Our **Public Education Program** promotes mental health and mental illness awareness by delivering presentations to community groups, classrooms, professionals and the public at large. Information is available through our website or at our main office.

### Mental Health for Older Adults Education Program

is a specialized education program that provides information to and about older adults through presentations, training for professionals, consultation and caregiver support.

For more information on education events, please visit our website at [cmha-wecb.on.ca](http://cmha-wecb.on.ca) or call 519-255-7440 and ask for one of our Education Specialists.



United Way

## “There is life after loss”

The **Adult Bereavement Program** at CMHA-WECB provides support to people who aren't sure they can weather the storm of tragedy, loss and grief. Our trained bereavement specialists and peer support groups provide long-term support to bereaved individuals, giving hope that there is life after loss.

## “Helping hands healing wounds”



What is a child's world like after a loss? For many, it is devastating and lonely. Loss of a loved one is difficult no matter your age, that's why helping our local children deal with grief is

so important. The **Griefworks Program** is a unique and specialized program that assists children and youth cope with grief and trauma after the death of an important person.

If you are considering a memorial gift to remember a loved one, please visit our website at [cmha-wecb.on.ca](http://cmha-wecb.on.ca) and view ways to give.

The **Coping with Job Loss Program** offers workshops and education for those dealing with job loss or threat of unemployment. This program focuses on the psychological effects of job loss, unemployment and underemployment.



Award winning Mental Health Works training for employers and front line managers available.

## Volunteers

The contribution of volunteers is vital to meeting our meeting at CMHA-WECB. Individuals in our **Volunteer Program** participate at all levels of our organization, including the Board of Directors, committees, work groups, administrative support, programs, services and fundraising. Consider joining our volunteer team today.

For a volunteer application, please visit our website at [cmha-wecb.on.ca](http://cmha-wecb.on.ca) or call 519-255-7440.



**These programs are here for you and supported by you.**

## Giving Back

Every year the demand for these programs increases and in order to continue to address our community's needs we depend on people in our community that understand the impact of giving back. Help us stop stigma, raise awareness and continue to help those in our community who are hurting.

Please Consider Donating Today!

Visit our website to donate: [cmha-wecb.on.ca](http://cmha-wecb.on.ca)