

Mental Illnesses

Mental illness can take many forms just as physical illnesses do. If you or someone you know has a mental illness, there is encouraging news for you: *all mental illnesses can be treated.*

If you or someone you know develops the symptoms of a mental illness, it is important to find out as much as you can about what may be happening.

A good starting point is your doctor. It is not easy to diagnosis a mental illness and you may find yourself getting impatient if you are not told right away what the illness is. Doctors sometimes need to observe people over time before they can be sure of a diagnosis.

Mental illnesses are still feared and misunderstood by many people, but the fear will lessen as people learn more about them.

Drop by our resource libraries located in Charlottetown, Summerside and Alberton and check out the information on mental illness/mental health.

Resource Libraries

All resource libraries have:

- Information kits on various mental illnesses
- Books
- DVDs/Videos
- Articles
- Pamphlets

◆ **All resources may be borrowed free of charge.**

Locations/Contacts

CMHA/PEI Division

178 Fitzroy Street - Box 785
Charlottetown, PE C1A 7L9
Phone: (902) 628-1648
Toll Free: 1-800-682-1648
email: fsshcoord@cmha.pe.ca
or selfhelp@cmha.pe.ca

CMHA/Prince County

61 Duke Street
Summerside, PE C1N 3R9
Phone: (902) 436-7399
email: cfsupport@cmha.pe.ca

CMHA/West Prince

1 College Street - Box 537
Alberton, PE C0B 1B0
Phone: (902) 853-4180
email: cfsupport@cmha.pe.ca

Consumer and Family Support Program



... EMERGING INTO LIGHT ...
**A symbol of resilience and
recovery for people who truly care
about mental health and illness**



Canadian Mental Health
Association
PEI Division



Canadian Mental Health
Association
PEI Division

Who We Are

The Canadian Mental Health Association/PEI Division began its work on Prince Edward Island as a division of CMHA National in 1959. CMHA National, formed in 1918, is one of the oldest volunteer organizations in Canada.

CMHA/PEI is a non-profit mental health agency promoting the mental health of all Islanders by providing information, supports and services designed to enable people to manage and take positive charge of their lives to the best of their abilities.

CMHA/PEI provides programs and services, education and information, research, advocacy and helps with the development of social policy.

Our major programs include:

- Clubhouse Program
- Consumer and Family Support Program
- White Cross Program
- I'm Thumbbody Program
- Suicide Prevention Program

The Consumer and Family Support Program, like our other programs, operates under the direction of a volunteer management committee. This committee is composed of talented volunteers from across the province who share a common vision to improve the information resources and services available to Islanders in the areas of mental illness and mental health.

Consumer and Family Support Program

The ***Consumer and Family Support Program*** is a provincial program that promotes mental health and social action through Self-Help/Mutual Aid, produces a resource directory annually, conducts presentations raising mental health/illness awareness and is the primary support program for the self-help community.

The Consumer and Family Support Program can:

- assist you in locating self-help groups, professionally led groups and other community resources;
- offer support in creating self-help groups and provide support to existing groups;
- assuming space is available, provide a meeting place for your self-help group;
- provide an avenue for you to promote your group or service by including your information in “*A Directory of Self-Help Groups and Community Resources in Prince Edward Island*”, an annual publication of the Consumer and Family Support Program or by listing your group in the *Self-Help Column* in local newspapers;
- provide a wide variety of educational resources through our resource libraries and
- provide presentations to your business/community organization covering mental illness/health issues and promoting mental health.

With Hope in Mind

With Hope in Mind is a provincial, family-to-family, education and support program delivered by trained family member volunteers supported by Consumer and Family Support Program staff. It is a program designed to educate and support family members of someone with a mental illness.

With Hope in Mind education courses are scheduled throughout the year. They are usually held one evening a week for eight weeks. Information on Schizophrenia, Schizoaffective Disorder, Obsessive Compulsive Disorder, Depression, Anxiety, Bipolar Disorder and Additional Disorders is presented. Problem Management, Self Care, and Coping Skills are also discussed during the courses.

With Hope in Mind support groups are available to participants following completion of the education course. Support groups are ongoing in some areas



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