



### Consider these facts:

- One in five Canadians will experience a mental health problem at some point in their lives.
- Mental illness affects more people each year than any other health condition, including cancer or heart disease. Mental illness includes depression, bipolar disorder, schizophrenia, anxiety disorders, personality disorders, and eating disorders.
- 58% of Canadians report “role overload,” a result of trying to balance work, home and family, friends, caregiving, physical health, volunteering and community service. The stress of trying to achieve and maintain this balance can negatively affect mental health.



- Most people with depression respond well to treatment, but 90% of them never seek help.
- People with mental illness are not weak, lazy, unintelligent, or dangerous. The stigma associated with mental illness can pose a barrier not only to seeking help, but to obtaining employment and housing, as well, which can then further reinforce and perpetuate misconceptions.
- With treatment, people with mental illness are no more violent than the rest of the population. In fact, they are more likely to be the victims of violence.

### Your Mental Health

Consider these key characteristics when assessing your own mental health:

**Ability to enjoy life** – Can you live in the moment and appreciate the “now”? Are you able to learn from the past and plan for the future without dwelling on things you can’t change or predict?

**Resilience** – Are you able to bounce back from hard times? Can you manage the stress of a serious life event without losing your optimism and a sense of perspective?



**Balance** – Are you able to juggle the many aspects of your life? Can you recognize when you might be devoting too much time to one aspect, at the expense of others? Are you able to make changes to restore balance when necessary?

**Self-actualization** – Do you recognize and develop your strengths so that you can reach your full potential?

**Flexibility** – Do you feel, and express, a range of emotions? When problems arise, can you change your expectations – 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 humour
- Volunteer

For more information, contact us.



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POUR LA SANTÉ MENTALE

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### There is no health...



### ...without mental health!



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Newfoundland and Labrador Division

## About Us

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



As a division of the national Canadian Mental Health Association, our mission is to promote the mental health of all our citizens and to support the resilience and recovery of people and families living with the realities of mental illness.

This mission is accomplished through advocacy, public education, research, and service at the national and provincial levels.



## What do we do?

### Public Education

In partnership with the College of the North Atlantic, CMHA-NL offers a mental illness education program called *Changing Minds*, which provides effective communication tools to better understand mental illness, in particular for front-line service providers such as the police. We also give lectures on mental health, mental illness and advocacy issues to students at Memorial University and various employee and community groups. We provide information on mental health and mental illness in articles in local newspapers, through radio and television interviews, and by participating in local health fairs.

### Advocacy

We advocate for changes to the physical conditions of the Waterford Hospital, our province's only specialized facility for treatment and care of people with mental illness, and for improvements in the living conditions of people with serious mental illness in our communities. We also advocate for increased education on the reality of depression in seniors for service providers.

### Research

Some of our most recent work involves an exploration of the literature on mental health promotion, as well as a focus on the issues of seniors' mental health.

### Service

We provide information on mental health and mental illness, and offer referral to resources and services to citizens across the province.



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## There is no health without mental health!

Mental health is essential to overall wellbeing 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 consumers and their families. We are all responsible for trying to improve mental health because there is no health without mental health!

### Current areas of focus include:

- **Mental Health Care and Treatment Act**
- **Mental Health Promotion**
- **Aging and Mental Health**
- **Workplace Mental Health**
- **Conditions of the Waterford Hospital**
- **Vibrant Communities**
- **Housing and rent supplements**



## You Can Make A Difference!

By making a gift to CMHA-NL, you can help us to provide public education and advocacy in relation to promoting mental health for all, and supporting the resilience and recovery of those living with mental illness here in Newfoundland and Labrador.

### I pledge a monthly donation of:

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

### I pledge a one-time gift of:

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

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City/Town \_\_\_\_\_ Province \_\_\_\_\_

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*Please provide your email address if you would like to receive news and information on upcoming events 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 send to:  
**Canadian Mental Health Association**  
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