In any given year, one in five people in Canada experiences a mental health problem or illness... Mental Health Commission of Canada
**Crisis Services**

What is a Crisis?
- A time of difficulty or change.
- A disruption or breakdown in your daily living pattern.
- 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**
- **CRISIS STABILIZATION UNIT (WRHA)**
- **YOOUTH CRISIS STABILIZATION SYSTEM**
- **WINNIPEG EMERGENCY SERVICES OPERATOR**

**Hospitals / Emergency**

**HEALTH SCIENCES CENTRE**
- Adults: 204-787-3167
- Children: 204-787-4244

**GRACE GENERAL HOSPITAL**
- 204-837-0157

**ST. BONIFACE GENERAL HOSPITAL**
- 204-237-2280

**SEVEN OAKS GENERAL HOSPITAL**
- 204-632-3232

**CONCORDIA HOSPITAL**
- 204-661-7194

**Hospitals / Urgent Care**

**VICTORIA GENERAL HOSPITAL**
- 204-477-3148

Several hospitals have psychiatric nurses on duty in emergency for part of the day/evening. Inquire about specific schedules.

**Finding a Doctor**

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, you can contact the Family Doctor Finder to help you and your family find a family doctor or nurse practitioner. To register by phone, call 204-786-7111 or toll-free 1-866-690-8280 between 8:30 am and 4:30 pm Monday to Friday, www.gov.mb.ca/health/familymdfinder/

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.

**Helpful Key Graphics**

FREE: Some, but not necessarily all, services are provided at no cost. Contact organization directly for details.

SLIDING SCALE: Some services are offered on a sliding scale fee schedule based on a person’s income and ability to pay. Contact organization directly for details.

COST: A fee will be charged for some services offered. Contact organization directly for details.

DROP-IN: Some services offered can be accessed on a drop-in basis. Contact organization directly for details.

There is an index on page 12 of this guide with common mental health system words and subjects. The index page provides an overview of the key terms.

**Crisis Response Centre (CRC)**

The Crisis Response Centre (CRC) offers crisis intervention options designed to meet the needs of individuals 18 years and older who are experiencing a crisis. Walk-in and telephone services are offered at the CRC, 24 hours per day, 7 days per week, along with mobile services provided in the community.

To enhance post-crisis recovery, short-term scheduled crisis services are also available at the CRC, with treatment provided by individuals with expertise in mental health.

Visit 817 Bannatyne Avenue. [ ]

The Mobile Crisis Service is also available 24 hours a day, 7 days per week to provide on-site assistance with a mental health crisis. 204-940-1781

**EMERGENCY SHELTER**

**MAIN STREET PROJECT**
- Open 24 hours Emergency shelter offers emergency, overnight shelter and short-term hostel accommodations for men and women. 204-982-8245 · 75 Martha Street

**SILSOAM MISSION**
- Offers shelter, support and counselling to women who are suffering from emotional, physical or sexual abuse from their intimate partner. 204-987-2780 or 1-800-362-3344

**WILLOW PLACE**
- Willow Place is a Crisis Shelter for women and children who have experienced intimate partner violence. They offer a 24 hour crisis line, outreach and group counselling. 204-615-0311

**IKWE-WIIDJJIITWIN**
- Offers shelter, support and counselling to women who are suffering from emotional, physical or sexual abuse from their intimate partner. 204-987-2780 or 1-800-362-3344

**THE SALVATION ARMY**
- Booth Centre
- Provides short-term accommodations for men and women. 204-946-9402 · 180 Henry Avenue
- Salvation Army - SonRise Village · A family shelter. 204-946-9471

**EMERGENCY SHELTER FOR MEN**
- During business hours call 204-415-6797 ext. 200. After business hours call. 1-877-977-0777. 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. [ ]

**Key to guide**

Throughout the guide, you will find graphics to assist you to better understand the services listed in the guide. The map below is color-coded based on the different areas of Winnipeg. Where applicable, service listings will include a corresponding color-coded graphic to show the area of the city where the service is located.

An additional set of graphics will highlight, where applicable, if a service is free, low cost or fee-based, and if an organization provides services on a drop-in basis.

**WINNIPEG MENTAL HEALTH REGIONS MAP**

- St. James Assiniboia / Assiniboine South
- River East / Transcona
- St. Boniface / St. Vital
- Seven Oaks
- Downtown / Point Douglas
- Fort Garry / River Heights
- No Fixed Geographical Area

**WINNIPEG MENTAL HEALTH REGIONS Map**

**FINDING A DOCTOR**

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, you can contact the Family Doctor Finder to help you and your family find a family doctor or nurse practitioner. To register by phone, call 204-786-7111 or toll-free 1-866-690-8280 between 8:30 am and 4:30 pm Monday to Friday, www.gov.mb.ca/health/familymdfinder/

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.
Family members and friends who have a good understanding of the illness, treatment, and resource options will be better equipped to be supportive.

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 uncertainty. 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 be supportive. Each family member may 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: Family Therapy is also provided by:

- AURORA FAMILY THERAPY CENTRE [204-786-9251]
- FAMILY DYNAMICS [204-947-1401]
- THE COUPLES COUNSELLING PROGRAM [204-474-6711] - Hours Monday and Tuesday 5 pm - 9 pm - 415 Selkirk Avenue - couples@umanitoba.ca
- CENTRE RENAISSANCE CENTRE [204-285-8750]
- A LLENAU RENAL CENTRE [204-987-7064]
- NEW DIRECTIONS PARENTING CENTRE [A service to support families with small children, birth to 12 years of age. 204-786-7051 - 717 Portage Avenue
Also see Counselling or Therapy list on page 8.

- MACDONALD YOUTH SERVICES, FAMILY NAVIGATOR PROGRAM: This program is designed to support families and young people age 13-24 to navigate Mental Health and Addictions services and supports in Manitoba 204-452-0551 (within Winnipeg 1-844-452-0551 (outside Winnipeg) email: familynavigator@ymca.mb.ca

Mental Health Education Programs and Services in Winnipeg

- CANADIAN MENTAL HEALTH ASSOCIATION MANITOBA AND WINNIPEG - REHABILITATION AND RECOVERY SERVICE [204-982-6100] 600 Portage Avenue Winnipeg MB R3G 0P8 See Recovery and Empowerment section (page 4) for detailed description.
- FRIENDS HOUSEINC [204-943-1160] Provides affordable supportive housing for people with a history of psychiatric illness as well as housing for young, low-income families. 204-953-1160 - 100 – 890 Sturgeon Road, Winnipeg MB
- WRA - RESIDENTIAL CARE FACILITIES [204-943-1160] Care provided, on a voluntary basis, to licensed and approved group homes for adults with a psychiatric diagnosis who have not been able to manage independently. Access to these facilities is through Community Mental Health Services. Offers 24 hour supervision. For inquiries, please call 204-299-3805.
- SARA RIEL INC [204-943-1160] Safe, stable and affordable housing for people with the goal of living independently and autonomously. 204-237-9263 - 66 Moore Avenue, Winnipeg MB viewwww.saranelinic.ca
- SALVATION ARMY - THE HAVEN [204-943-1160] A residential licensed facility that provides supervised residential living for men ages 18-60 experiencing mental illness. 204-946-9404 - 72 Martha Street, Winnipeg MB
- SENECA SERVICES THROUGH SARA RIEL INC. [204-943-1160] 24 hours, 7 days a week, safe house for adults with mental health problems. Provides respite care and peer support. Please ahead to ensure space and appropriateness of service. References required for first time guests. 204-231-0217. Services accessed through application- call Judy Klein-Taylor at 204-237-7165.
- WINNIPEG RENTAL NETWORK www.winnipegenet.net.ca

Education and Support Groups

- MENTAL HEALTH EDUCATION FOR FAMILIES [204-943-1160] 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 Manitoba and Winnipeg offers a 6 week course for families and friends. Call 204-982-6100 or visit www.winnipeg.cmha.ca
- “NAME THAT FEELING SUPPORT GROUP” [204-982-6100] Children are taught an understanding of mental illness, which provides an opportunity for them to share emotionally and relationally with the group and facilitators. Contact the Manitoba Schizophrenia Society at 204-786-1616
- Manitoba Schizophrenia Society FAMILY SUPPORT GROUP [204-982-6100] - Peer led. Fourth Tuesday of every month from 7 pm – 9 pm. Contact the Manitoba Schizophrenia Society at 204-786-1616
- STRENGTHENING FAMILIES TOGETHER [204-982-6100] - A 4 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 [204-982-6100] A 10 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 pm – 9 pm at 100 – 4 Fort Street. 204-786-0987
- MANITOBA FIRST EPISODE PSYCHOSIS FAMILY SUPPORT GROUP [204-982-6100] Families with young people who have experienced first episode psychosis meet monthly to share, learn, support each other and lobby. Contact Christine at 204-475-8381 or e-mail MaryAnn Decker at mdecker@gmail.com
- S.P.E.A.K. SUICIDE PREVENTION EDUCATION AWARENESS KNOWLEDGE [204-982-6100] Offers a monthly peer support group for adults bereaved by suicide. Please call 204-784-4064 to attend or visit website www.klinic.mb.ca for more information.
- AL-ANON ALEATEEN The Al-anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Call 204-943-6051 or visit www.mbrwo-alanon.org
### RECOVERY AND EMPLOYMENT

**Canadian Mental Health Association Manitoba and Winnipeg (CMHA)**

Everything we do at CMHA is based on the belief that individuals with mental health and addictions issues can recover and create a quality life for themselves.

Our comprehensive range of services includes:
- Mental Health and Addictions Service Navigation
- CMHA Recovery Navigation Specialists work to connect individuals, caregivers, families and natural supports to recovery-oriented supports and services within the entire mental health and addictions systems.
- Rehabilitation and Recovery
  - Provide recovery supports to people 18 and over living with mental illness and addictions in a variety of ways.
  - Through a step-by-step process, our Recovery Workers help people to recover or discover meaningful roles in life. Whether it is a social goal, a housing goal, an educational goal, or an employment goal, our Recovery Workers support participants to develop wellness plans, gain self-awareness and insight about recovery, problem solve an issue before a crisis develops, and respond to and manage stress.
- Community Housing with Supports
  - A Housing First Service that works with people who have experienced chronic or episodic homelessness to find and keep housing of their choosing in the community.
- Employment with Supports
  - A short-term program that provides the tools and information for the achievement of sustaining and successful employment.

**ARTBEAT STUDIO**

This community-based, peer directed program provides social supports, working art studio/gallery space, and mentorship for individuals living with mental illness for the purpose of recovery and empowerment. This is a 6-month program focusing on the healing capacity of the creative process.

204-943-5100

www.artbeatstudio.ca

**MEETINGS**

- Recovery College Courses
- Employment and Income Assistance/Marketability Program
- Artbeat Studio
- Turning Leaf

**OPPORTUNITIES FOR EMPLOYMENT/EMPLOYMENT SERVICES**

Contact Recovery College for information about job search skills, resume writing, interviewing skills, and other employment services.
Community Health Clinics

Community Health Clinics offer a range of health services.

ACCESS DOWNTOWN
204-940-2319  640 Main Street

ACCESS NorWest
204-938-5990  785 Kildonan Street

ACCESS RIVER EAST
204-938-5000  975 Henderson Highway

ACCESS TRANScona
204-938-5555  845 Regent Avenue West

ACCESS Winnipeg West
204-940-2040  280 Booth Drive

WHA POINt DOUGLAS COMMUNITY HEALTH CENTRE
204-940-2025  601 Aikins Street

HEALTH ACTION CENTRE
204-940-1629  660 Main Street

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

KLINIC COMMUNITY HEALTH CENTRE
204-764-4097  482 St. Mary’s Road

MOUNT CARMEL CLINIC
204-582-2311  886 Main Street

PRIMARY CARE CLINIC - WHA
204-940-2000  1100 Clifton Avenue

SAUL, SAW HEALTH CENTRE - SLOAM MISSION
204-943-0658  300 Princess Street

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

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

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

CENTRE DE SANTE SAINT BONIFACE
204-940-1155  170 Goulbourn Street

Community Mental Health Services at the Winnipeg Regional Health Authority

To access any of the following WPHA Community Mental Health Services for adults experiencing mental health problems, call 204-788-8530 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.

WPHA Mental Health Housing Services:
Must be referred by a Community Mental Health Worker.

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

Co-occurring Disorders Initiative (CODI):
Provides Clinical Consultation, Case Management, Delirial Behaviour Therapy, and Specialized Treatment Services.

Addictions

• Manitoba Addictions Helpline
Call 1-855-662-6605 (toll-free), or visit www.MBAddictionHelp.ca
Monday to Friday, 8:30 am to 4:30 pm

• Addictions Foundation of Manitoba
Residential and Community Treatment – Adults and Youth Prevention and Education programs, Gambling Programs – province wide
204-944-6200  1031 Portage Avenue
www.mbaddiction.ca

• Addictions Recovery INC.
Supportive housing for men recovering from addiction
204-586-2500

• Alliance Teen and Central Services Manitoba
Self-help group for individuals who are concerned about a family member or a friend’s drinking
204-943-6051  107 – 2621 Portage Avenue

• Alcoholics Anonymous
Membems share their experience, strength and hope in recovering from alcoholism
204-942-0126  1856 Portage Avenue
Toll free 1-877-942-0126

• Behavioural Health Foundation
Residential Treatment
204-269-3430
35 Avenue de la Digue, St. Norbert

• Cocaine Anonymous
204-250-3260

• Esther House
Second stage housing for women recovering from addiction
204-582-4043

• Families Anonymous
A support group for adults who are concerned about someone close to them who is using or abusing alcohol or drugs
204-237-0336

• Gamblers Anonymous
204-582-4823

• The Laurel Centre
Counselling for women who have been sexually abused as children and have an addiction
204-783-5460  104 Rodlin Road

• Main Street Project INC.
Detoxification (non-medical) Emergency shelter
204-992-8345  75 Martha Street

• Narcotics Anonymous
204-981-1730

• Native Addictions Council of Manitoba – Pritchard House
Residential Treatment – alcohol and substance abuse programming
204-586-8395  160 Salter Street

• Northend Women’s Centre – Addictions Recovery Program
Operates transitional housing through the Addictions Continuing Recovery Program at Chris Titelock Place and Betty Boss House.
V isit for women learning to live in recovery for up to one year. Intake for program and both houses is through Addictions Manager at 204-927-2426 – 396 Selkirk Avenue

• Overeaters Anonymous
www.os.org

• Salvation Army Anchorage Program
Residential Treatment – adults
204-946-9401  190 Herry Avenue

• St. Raphael Wellness Centre (SRWC)
SRWC is a not-for-profit community-based organization which offers pre- and post- treatment non-residential education and counselling programs for individuals and families affected by addiction.
2nd Floor – 204-956-6650  225 Vaughan Street
celc@srwcm.ca

• TAMARACK RECOVERY CENTRE
Second stage residential treatment – adults
204-772-9036  60 Balmoral Street
Intakes 204-775-3545

• Youth Addictions Centralized Intake Service
1-877-710-3999 – province wide

What is Psychosis?

Psychoisis:

• is a common medical condition affecting 3% of the population
• results from a disorder in brain functioning
• can radically alter a person’s thoughts, beliefs, perceptions and behaviour
• affects males and females equally

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!

The EARLY PSYCHOSIS PREVENTION and INTERVENTION SERVICE (EPPIS), a program that serves residents of Winnipeg, is designed to support young people between 13 – 35 years of age who are displaying symptoms of psychosis for the first time.

The EPPIS program can be contacted at 204-940-8771 for further information. 
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:** 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.

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**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. 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 for awhile** – Read a book, watch a movie, play a game, listen to music or go on vacation. Lease 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 once.
14. **Don’t try to be perfect.**
15. **Ease up on criticism of others.**
16. **Don’t be too competitive.**

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**Goldberg Depression Scale**

The Goldberg Depression Scale is an internationally known scale for screening for depression. This is just a screening tool and is not intended to diagnose depression. If a person rates high on this scale, a professional assessment can accurately diagnose whether or not the person has a clinical depressive disorder.

**Depression Scale**

(Score one point for each “Yes” if the symptom occurs most of the time over the past 2 – 4 weeks)

1. Have you felt keyed up, on edge?
2. Have you had loss of interest?
3. Have you lost confidence in yourself?
4. Have you felt hopeless?
5. Have you had difficulty concentrating?
6. Have you lost weight (due to poor appetite)?
7. Have you been waking early?
8. Have you felt slowed up?
9. Have you tended to feel worse in the mornings?

People with a score of two (2) have a 50 percent chance of having a mental health problem. With higher scores the probability rises sharply.

**Goldberg Anxiety Scale**

The Goldberg Anxiety Scale is an internationally known scale for screening for anxiety. This is just a screening tool and is not intended to diagnose anxiety. If a person rates high on this scale, a professional assessment can accurately diagnose whether or not the person has clinical anxiety.

**Anxiety Scale**

(Score one point for each “Yes” if the symptom occurs most of the time over the past 2 – 4 weeks)

1. Have you had low energy?
2. Have you had loss of interests?
3. Have you lost confidence in yourself?
4. Have you felt hopeless?
5. Have you had difficulty concentrating?
6. Have you lost weight (due to poor appetite)?
7. Have you been waking early?
8. Have you felt slowed up?
9. Have you tended to feel worse in the mornings?

People with a score of two (2) have a 50 percent chance of having a mental health problem. With higher scores the probability rises sharply.

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**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 for awhile** – Read a book, watch a movie, play a game, listen to music or go on vacation. Lease 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 once.
14. **Don’t try to be perfect.**
15. **Ease up on criticism of others.**
16. **Don’t be too competitive.**

17. **Make the first move to be friendly.**
18. **HAVE SOME FUN! Laugh with people you enjoy!**

**Stress Stretch**

When you are under stress, tension accumulates in your neck and jaw. Take a minute to gently and slowly move your head from front to back, side to side, and in a full circle. For your jaw, stretch your mouth open and slowly move your lower jaw from side to side and back to front. (NOTE: If you notice pain or if you have had any injuries to your back, neck or jaw, check with your doctor first.)

**Set a SMART Goal (and achieve it!)**

Unrealistic goals that never seem to be reached add to your stress level. Try setting one goal for yourself this week using the SMART approach:

- **Specific** – Pick one small goal and write it down.
- **Measurable** – Can you count it or check it off a list? Achievable - Is it realistic? If not, make it smaller.
- **Rewarded** – Reward yourself when you reach your goal. Time-limited – Set a specific, realistic date to finish or achieve your goal.

**Comedy Break – Laugh at Stress**

Set aside some time for laughter, your body’s natural stress-release mechanism. Rent your favourite comedy movie, record a TV show that you know makes you laugh (and keep it on hand for stress emergencies), go to the library and borrow a book that can make you laugh, read the daily comics in the newspaper, or phone the funniest person you know.

**Mindfulness Based Stress Reduction**

Courses are offered through OMHA MANITOBA AND WINNIPEG office. Call 204-982-6100 or visit mbwpg.omha.ca 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 and 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.
A police officer may be requested through a warrant or their emergency powers to bring a person to a psychiatric facility for assessment. A justice of the peace can issue a warrant to have a person taken to a psychiatric facility where the person needs treatment that can reasonably be provided only in a psychiatric facility.

The reason why they are being taken for an involuntary medical examination must inform the person in writing:
- where the person is being taken
- the reason why they are being taken for an involuntary medical examination
- that they have a right to a lawyer.

DISCHARGE
A person can be kept involuntarily in a psychiatric facility for up to 21 days. If not ready for discharge, the certificate can be renewed for up to 3 months. However, the psychiatrist can also change the person's status from involuntary to voluntary at any time if they no longer meet the conditions to be an involuntary patient. The patient must be informed of any change in status.

2. Can a person be forced to accept medication against their will?
If a person is considered to be mentally competent to decide on psychiatric treatment, they have the right to refuse or accept medication or treatment. An individual is considered competent to make decisions on psychiatric treatment if he or she has the ability to understand the nature of the illness for which treatment is proposed, the treatment recommended, and is able to appreciate the consequences of giving or withholding consent.

If a person is not mentally competent, the psychiatrist must get consent from a family member, committee, proxy or the public trustee before giving medication.

3. How can a person appeal decisions about their involuntary status or treatment in a psychiatric facility?
Review Board applications are available at the nursing station in each psychiatric facility.

A review board is an independent committee of 3 people who:
- May review involuntary status, mental competency, failure to comply with a health directive, competency to manage property, extension or cancellation of a leave certificate.
- May authorize treatment for a patient who is not mentally competent.
- May authorize the withholding of access of a patient to his or her clinical file.
- A Review Board hearing will take place within 21 days of the board receiving the application. A person is entitled to be represented at the hearing by a lawyer, advocate or person of their choice. A decision will be made within 2 - 3 days following the hearing.

4. Can an involuntary patient be discharged from a psychiatric facility?
A Certificate of Leave is a written agreement between a patient and a doctor that may be issued for a period of six months allowing an involuntary patient (who meets certain criteria) to live outside the psychiatric facility. The certificate contains conditions specifying that the patient must report at specific times and places for treatment. Once the certificate is issued, that patient becomes voluntary. If the patient does not enter treatment as agreed, the doctor can request the police to return the patient to the psychiatric facility.

5. Does a person have a right to see their hospital file?
YES. A person can apply in writing to the medical officer in charge of the psychiatric facility to see and/or copy the clinical record. The person needs to give their name, address, date of birth and date(s) of hospitalization. The hospital can charge a fee for administration and copying. It is important to inform Medical Records if a person cannot afford the fee. Most facilities will adjust the cost or waive the fee.

Within 7 days of receiving a written request, the medical officer may either grant the request to see the file (which is usual), or may apply to the Review Board for permission to withhold all or part of the clinical file. If there is incorrect information in the file, a correction can be requested, or a statement of disagreement can be added to the record.

The Review Board can order the medical officer to give access to the clinical file unless the board believes that this would likely cause:
- serious harm to a person's treatment or recovery
- OR
- serious physical or emotional harm to someone else.

6. If you need specific information regarding the Mental Health Act and your rights call:
- CANADIAN MENTAL HEALTH ASSOCIATION MANITOBA AND WINNIPEG ☎️ 204-982-6100 930 Portage Avenue
- MENTAL HEALTH REVIEW BOARD ☎️ 204-945-6090 100 - 195 Portage Avenue
- LEGAL AID MANITOBA ☎️ 204-985-8500 or 1-800-281-2960 1 Floor – 287 Broadway
- OMBUDSMAN MANITOBA ☎️ 204-982-9130 750 – 500 Portage Avenue

COPYES OF THE MENTAL HEALTH ACT CAN BE OBTAINED FROM STATUTORY PUBLICATIONS:
- 204-983-3101 OR www.gov.mb.ca/healthyliving/mh/act.html
- 1-800-261-2960
- www.ombudsman.mb.ca
- www.personalhealthinformationact.mb.ca
- www.phia.mb.ca
- www.gov.mb.ca/health/protection
- www.winnipeghospitals.com
- 204-945-1045 for more information.
Counselling or Therapy

Finding A Clinical Psychologist

Clinical Psychology

Clinical psychologists are able to diagnose mental health disorders/conditions, conduct comprehensive mental health assessments, and provide a variety of empirically supported treatments.

The Manitoba Psychological Society's website (www.mps.ca) provides information on accessing both private practice and publicly-funded psychologists.

The Psychological Service Centre, a service offered through the University of Manitoba, has a mandate to train graduate students in the discipline of clinical psychology and serve as a community resource to those in need. Referrals are accepted for therapy and assessment from the general public during regular academic session (September to April annually). Services are provided at no charge, however space is limited; therefore, service cannot be guaranteed to all those on the waiting list. It is also important to note that most services are unavailable during the summer months. 161 Dafoe Building, University of Manitoba, 204-474-9222. Fax: 204-474-6297. http://umanitoba.ca/faculties/arts/departments/psych/services/

School Based Mental Health Services

Unless you have had direct contact with school based clinical services, you may not be aware that services are available in most Winnipeg schools and in many schools throughout the province. School Psychologists are mental health specialists who partner with parents, schools, and others in the community. School Psychologists provide a continuum of services that include education, advocacy, assessment and various treatment approaches. Focusing on such areas as resiliency, competence, and self-esteem, School Psychologists can help students develop positive mental health practices that can last a life time. Accessible through the school system, this confidential and free service is often the entry point for mental health services for children and youth. If you have any questions or concerns regarding your child's functioning and/or mental health, help may be found in your local school through your School Psychologist.

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 counsellor or counselling organization, ask questions about the perspective and focus to make sure it fits with your values, beliefs, and needs.

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 any one of the agencies listed below.

KLINIC COMMUNITY DROP-IN COUNSELLING SERVICE (204-784-4067)

In-person counselling is available at two locations in Winnipeg, 870 Portage Ave and 845 Regent Ave West. Call for more information or visit www.klinik.mb.ca and go to “counselling services.”

AULNEAU RENEWAL CENTRE (204-987-7090)

AURORA FAMILY THERAPY CENTRE (University of Winnipeg - 204-786-9251)

CENTRE RENAISSANCE CENTRE (844 Autumnwood Drive - 204-256-6750)

CORNERSTONE COUNSELLING SERVICE (204-663-0050)

EVOLVE (KLINIC COMMUNITY HEALTH CENTRE) (870 Portage Avenue - 204-784-4208)

SENECA WARM LINES (Peer Support Phone Line - 1-855-672-6727)

MA MAWI WI CHI ITATA CIRCLE (94 Mcregor Street)

MEN’S RESOURCE CENTRE (204-415-6777)

MOUNT CARMEL CLINIC - Multicultural Wellness Program (204-589-9475)

NEW DIRECTIONS FAMILY THERAPY, PARENTING CENTRE AND FAMILIES AFFECTED BY SEXUAL ASSAULT Programs (204-786-7051)

NOR’ WEST CO-OP COMMUNITY HEALTH CENTRE (204-938-9050)

NORTH END WOMEN’S CENTRE (204-589-7347)

THRIVE COMMUNITY SUPPORT CIRCLE (Therapy and parenting resources - 204-772-9091)

NEW BEREAVEMENT PERIOD ISSUES related to sexual orientation and gender identity. (204-452-7500)

RECOVERY OF HOPE COUNSELLING (Centralized Intake Line 204-477-4673 or 1-866-493-6202)

THE REACT CENTRE (Recovery education for addictions and complex trauma includes optional one-on-one counselling. Contact: info@reactcentre.ca)

THE LAUREL CENTRE (204-783-5460)

WOMEN’S HEALTH CLINIC (94 McGregor Street)

RAINFOREST CENTRE (204-947-1517)

YOUVILLE COMMUNITY HEALTH CENTRE (204-255-4840)

Alternative or Complementary Therapies

If you consider alternative or complementary therapies, it is important to discuss these with your doctor so you can assess if the therapy will interfere with your medical treatment. It may be helpful to ask the following questions when exploring alternative treatments:

- How does the treatment work?
- What is the cost of treatment?
- How frequent are treatments required?
- What training do practitioners receive and are they registered or licensed?
- What results may be expected?

SOME ORGANIZATIONS YOU CAN CONTACT FOR MORE INFORMATION OR REFERRAL:

- Manitoba Naturopathic Association (204-947-0381)
- Reflexology Association of Canada (www.reflexologycanada.org)
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 or club is for you.

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 and interest 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 good sources of information about types of clubs or other activities include:

- Winnipeg Public Library — visit winnipeg.ca/library for online and in-person ways to connect, socialize, and learn
- The Internet — search keywords pertaining to your topic 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 tell us 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/event? Is it accessible by bus? What happens at the activity?
- Who attends the activity or club? (e.g., 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!

Gather Information

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 support, such as a leisure attendant or consider a fee waiver if financial limitations prevent participation. For information, call 311.

Information on programs can be found at winnipeg.ca/library or a Leisure Guide can be picked up at various locations throughout the city.

CITY OF WINNIPEG ADAPTED SERVICES

Individuals of all ages with a special need are invited and encouraged to participate in all community programs offered within the Leisure Guide. Every effort will be made to modify programs to suit individual needs and ensure a positive recreation experience. For more program information call 311.

YMCA-YWCA OF WINNIPEG

301 Vaughan Street · 204-947-3044

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

WELLNESS INSTITUTE AT THE SEVEN OAKS GENERAL HOSPITAL

1075 Lella Avenue · 204-632-3900

www.wellnessinstitute.ca

Offers a variety of health and wellness programs.

CMHA WELLNESS WORKSHOPS

Studies have shown that regular walks in nature can relieve anxiety, depression, and improve overall health. Join CMHA Manitoba and Winnipeg Recovery Supports during the warm months for a relaxing nature walk and afternoon of socializing. For more information, please call 204-982-6100.

Skill Building

YMCA-YWCA Learning and Leisure Centre

This community-based program is for adults who have experienced mental illness and require support to attain/maintain recovery and live satisfying lives. Services include a variety of skill building courses and workshops; social activity groups; a family education group; and the opportunity to use the YMCA-YWCA of Winnipeg health and fitness facilities. Intake is done continuously throughout the year. Self-referrals are accepted as well as referrals from professionals. Individuals with co-occurring substance use or gambling disorders are welcome. Call 204-989-4194 for more information.

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 through 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 6 week program to take control of your health and be better able to: manage pain, start an exercise program, eat well to live well, use medications effectively, deal with fatigue and frustration, increase your energy level, solve problems and meet personal goals, and talk to your doctor and make choices. Call 204-632-3927 to register. Visit www.wellnessinstitute.ca for more information.
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.

- ANXIETY DISORDERS ASSOCIATION OF MANITOBA
  204-925-0600 - 100 – 4 Fort Street
- WHOLE ACTION RECOVERY PEER SUPPORT (WHRAPS)
  Call for information about meeting times and location. 204-990-8816
- EATING DISORDERS ANONYMOUS
  204-947-2422 ext. 137
- SUPPORT FOR FAMILIES/FRIENDS
  Offers Friends & Family workshops as a year as well as individual consultation sessions that include info on eating disorders, recommended strategies, and resources. 204-947-2422 ext. 137.
- EMOTIONS ANONYMOUS
  Please visit website for meeting times and locations: www.emotionsanonymous.org 204-269-6248
- INDEPENDENT LIVING RESOURCE CENTRE
  Information and referral, peer support, individual advocacy, development of independent living skills, resource/service development and a resource library for people with all types of disabilities. 204-947-0194 - 311A – 393 Portage Avenue
- MANITOBA SCHizophrenia SOCIETY
  Manitoba Schizophrenia Society offers peer support groups, a women’s support group, a voice hearers support group, peer support for career professionals, and one on one consultation and education. 204-786-1616 or 1-800-263-5545
- MOOD DISORDERS ASSOCIATION OF MANITOBA
  204-786-0987 or toll free 1-855-263-1460 - 100 – 4 Fort Street
- Postpartum Warmline 204-391-5893
- OBSESSIVE COMPULSIVE DISORDER CENTRE MANITOBA INC. 
  & HOARDING BEHAVIOUR 204-942-3331
- OPERATIONAL STRESS INJURY SOCIAL SUPPORT
  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. Contact 204-831-3420 - www.deerlodge.mb.ca/osi.html
- OVEREATERS ANONYMOUS
  204-334-9008 - www.oa.org
- POSTPARTUM DEPRESSION ASSOCIATION OF MANITOBA
  A local online resource with information on postpartum depression, resources, and getting help. www.postpartummanitoba.ca
- PROVINCIAL EATING DISORDER PREVENTION AND RECOVERY PROGRAM
  Offers community based services to all genders ages 16 years or older who experience disordered eating or eating disorders, including compulsive or binge eating. Also provides educational workshops open to all genders ages 16 and up about body image, emotional eating, health, and self-esteem for clients, community members, families and service providers. 204-947-2422 ext. 137
- PUBLICATIONS
  www.moodsmag.com - www.mentalhealthrecovery.com
- RAINBOW RESOURCE CENTRE
  This centre is a not-for-profit community organization that provides support, education, programming and resources to the gay, lesbian, bisexual, transgender, two-spirit, and queer communities of Manitoba and North Western Ontario. 204-474-0212 - www.rainbowresourcecentre.org
- SENeca WARM LINE
  Offers peer support, help with problem-solving and information about community resources to those who are struggling with mental health and life issues. Available 7:00 pm - 11:00 pm daily. 204-942-9276
- S.I.P.E.A.K. Suicide Prevention Education Awareness KNOWLEDGE
  204-784-4084 - 870 Portage Avenue
- THE COMPASSIONATE FRIENDS
  Resource library, support meetings, drop-in, newsletter, workshops, and telephone friends for bereaved parents. 204-787-4898 - 685 William Avenue • www.tcfwinnipeg.org

Mental Health Education Resource Centre (MHERC)
Operated by the Manitoba Schizophrenia Society

What is MHERC?
MHERC provides educational resources on mental health and mental illness to consumers and their families, caregivers, service providers, educators, and the general public. The MHERC resources are available for loan, free of charge, to all Manitobans.
MHERC services include:
- LENDING LIBRARY – MHERC has a comprehensive collection of resources, including books, videos, CDs, journals, magazines, newsletters and pamphlets.
- INFORMATION AND REFERRAL – MHERC staff are able to provide information on provincial mental health services, community presentations and workshops, and self-help organizations.
- PUBLIC-USE COMPUTERS – 2 on-site public-use computers are available for Internet research and word processing. Printing service is also available.

WEBSITE – www.mherc.mb.ca
MHERC
204-942-6568
1-855-942-6568
100 – 4 Fort Street

211 Manitoba
211 Manitoba is a searchable online database designed to link people in need with organizations, programs or services available throughout the province. Visit: www.mb.211.ca

Mental Health First Aid
Mental Health First Aid is a 12 hour course now being offered in Winnipeg. Mental Health First Aid is the help provided to a person developing a mental health problem or experiencing a mental health crisis. For more information on the program, visit the Mental Health First Aid Canada website at www.mhta.ca. For information on local courses, visit mbwpg.cmha.ca

Additional Information

MANITOBA GOVERNMENT INQUIRY
This service provides information and referral to provincial government services. 1-866-626-4862 or 204-945-3744 - www.gov.mb.ca

HEALTH LINKS - INFO SANTE
This 24 hour health information and referral assistance line is staffed by registered nurses. 204-788-6200 - toll free 1-888-315-9257

MANITOBA HEALTH – MENTAL HEALTH AND SPIRITUAL CARE
www.gov.mb.ca/healthyliving/mh/index.html

CMHA National has produced a series of information brochures on a variety of mental health topics. These brochures are available to individuals at CMHA Winnipeg Region at 800 Portage Avenue. (Organizations may purchase quantities of the brochures.) These brochures are available through: www.cmha.ca

For Seniors
A&O: Support Services for Older Adults • 204-956-6440
Geriatric Mental Health Teams
Intake: 204-982-0140 • Fax: 204-982-0144
Province Wide Seniors Abuse Line • 1-888-896-7183
Manitoba Government - Seniors and Health Aging Secretariat, Seniors Information Line • 204-945-6565 or toll free 1-800-665-6565 • seniors@gov.mb.ca
Medication

Medication can be an effective part of a treatment plan for people with mental illnesses. It can control the acute (immediate) symptoms and prevent relapse of both schizophrenia and mood disorders. However, medication does not cure mental illness – only controls it. Medication has factors to consider such as side effects, time necessary to be effective and cost. For these reasons it may be necessary to try several different medications to find the drug or combination of drugs that is right for you. The dose may also need to be adjusted to make sure the drug is working most effectively.

The following information is meant as a general guide only. There are a wide variety of medications available for the treatment of mental health disorders. It is important to talk to your doctor, pharmacist, and other health care providers about all your medications – including the ones that you may be taking for other conditions. Try to go to the same pharmacist for all 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. Talk to your doctor before changing your dose or stopping your medication. Stopping medication suddenly may cause withdrawal effects which often resembles flu-like symptoms.

In Manitoba, your pharmacist is required to discuss with you, in an atmosphere of confidentiality and privacy, the following information about your prescription medication:

- The drug name
- What the drug does
- How and at what time the drug should be taken
- Importance of taking the drug as directed, regularly or when needed
- What to do if the dose is missed
- Common side effects
- Food, drink, other drugs or activities to avoid
- Special storage requirements

Remember that the use of alcohol with any medication is potentially dangerous. Smoking can also affect how the body metabolizes medications. If you smoke, let your doctor know if you plan on quitting.

The following are descriptions of general sub-categories of medications commonly used – many of these medications are used across a range of mental health disorders.

### Antipsychosis Medications

Also known as neuroleptics, major tranquilizers, 1st generation antipsychotics (e.g. Halodol), 2nd generation antipsychotics (e.g. olanzapine). These medications are used to treat acute psychotic episodes as well as reduce relapse of conditions such as schizophrenia and bipolar disorder.

These medications are either taken by mouth or given as an intramuscular injection. These medications work best if taken around the same time every day.

**SIDE EFFECTS** include drowsiness, 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 doses, changing medications, or taking medications for movement side effects, for example: benzotropine, procyclidine, and trihexyphenidyl.

### Antidepressants

Antidepressants are used to treat and control depression. There are many different types of medications that are used as antidepressants. Each group has an effect on different chemicals (neurotransmitters) in the brain that affect mood. Some examples are:

- MAOIs (Monoamine Oxidase Inhibitors)
- SSRI’s (Selective Serotonin Reuptake Inhibitors)
- SNRI’s (Serotonin-Norepinephrine Reuptake Inhibitors)
- Dual-Action Antidepressants (affect 2 different neurotransmitters)
- Tricyclic Antidepressants

**SIDE EFFECTS** include dry mouth, blurred vision, difficulty urinating, constipation, dryness, and dizziness. These medications take several weeks to reach their full effect. Antidepressants work in the nervous system, some antidepressants are also used in other conditions such as pain.

### Mood Stabilizers

These are used to treat people in the state of great excitement and emotional stress, for example acute mania. Lithium is the most common. Carbamazepine, valproic acid, and topiramate, are also used as mood stabilizers because their action is in the nervous system. In some people, these drugs can have fewer side effects. These can take several weeks to work. Regular blood tests are needed for therapeutic effect. It is also important to drink adequate water, especially when taking Lithium.

**SIDE EFFECTS** include lethargy, trembling, nausea, diarrhea, frequent urination, and memory functioning problems.

### Antianxiety Medications

Also known as tranquilizers or sedatives, antianxiety medications are used to relieve the distress of anxiety. Benzodiazepines are most commonly prescribed.

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

### Herbal or Natural Remedies

There are many herbal products that are promoted as natural alternatives to medication. There are also vitamins and supplements that may be taken as supportive nutrients and may help improve symptoms of mental illness. If you are considering an herbal or natural remedy, tell your doctor and pharmacist that you are considering using the remedy. They will provide information, advise you whether it will be suitable for you or if it will interfere with other medication you are using.

Some commonly used herbal products are:

- SAMe (S-adenosyl-L-methionine)
- St. John’s wort (Hypericum perforatum)

Some commonly used vitamins and supplements are:

- Vitamin D (1000 – 2000IU per day)
- Omega-3 (EPA)
- Vitamin B complex

Talk to your pharmacist for more information about your medications. They are there to help you!
Mental Illness

What do you think of when you hear that someone is experiencing a mental illness? Do you think of concern, fear, or confusion? Some even avoid those who experience mental illness. But mental illnesses are just like any other illness: everyone deserves care, help, and support.

WHAT ARE MENTAL ILLNESSES?

Mental illnesses are health problems that affect the way we think about ourselves, relate to others, and interact with the world around us. They affect our thoughts, feelings, and behaviors. Mental illnesses can disrupt a person’s life or create challenges, but with the right supports, a person can get back on a path to recovery and wellness.

It’s important to understand that there are many different types of mental illness that affect people in different ways. Within each mental illness, people may have very different symptoms and challenges. However, symptoms are just one piece. Access to services and support from loved ones, and the ability to talk about the illness in communities play a big part in the way people experience mental illnesses. Culture, background, and personal beliefs also shape the way people understand and experience mental illness.

Some people don’t see the name of a diagnosis as an important part of their journey, while others prefer the medical terms to describe the illness. No matter how people talk about their experiences, they will likely need to use medical terms if they seek help in the health system. This is just how the system works—people might only want to talk about wellness.

DIFFERENT MENTAL ILLNESSES

Health professionals divide mental illnesses into several different groups based on signs or symptoms. Common groups of mental illnesses include:

Anxiety Disorders

Anxiety disorders are all related to anxiety. They may include excessive and uncontrollable worry, strong fears about everyday things or situations, unwanted thoughts, panic attacks, or fears around a specific situation or object. Anxiety disorders are the most common mental illnesses, and they can create barriers in people’s lives. Panic disorder and phobias are examples of anxiety disorders.

Mood Disorders

Mood disorders all affect a person’s mood—the way they feel. This can affect every part of a person’s life. When someone experiences a mood disorder, they may feel sad, hopeless, tired, or empty. At times, some people experience an unusually high mood and feel powerful and energetic, but this can also create problems. Depression and bipolar disorders are examples of mood disorders.

Eating Disorders

Eating disorders really aren’t about food. They are complicated illnesses that are often a way to cope with difficult problems or regain a sense of control. Eating disorders may include seriously restricting how much food a person eats, bingeing, or purging food. Anorexia nervosa and bulimia nervosa are examples of eating disorders.

Psychotic Disorders

Psychosis is a health problem that affects how people understand what is real and what isn’t real. People may sense things that aren’t real or strongly believe things that can’t be real. Schizophrenia is one example of a psychotic disorder.

Personality Disorders

Personality disorders are patterns of thoughts, feelings, and behaviours that may last for a long time and create challenges in a person’s life. People who experience personality disorders may have difficulties developing healthy and satisfying relationships with others, managing their emotions well, avoiding harmful behaviour, and working to interact with important life goals. Personality disorders can affect the way people understand and view themselves and others and cope with problems. Borderline personality disorder is one example of a personality disorder.

Childhood Disorders

This is a large group of mental illnesses that start to affect people when they are young, though some people are not diagnosed until they’re older. One example of a disorder in this group is attention-deficit/hyperactivity disorder (or ADHD), which affects a person’s ability to focus, complete tasks, plan, or organize, or think through actions.

Dementia

‘Dementia’ refers to a group of symptoms. It can be caused by a disease that mainly affects nerve cells in the brain or can be associated with many other medical conditions. Dementia impacts a person’s memory, language abilities, concentration, organization skills, mood, and behaviours. Alzheimer’s disease is one type of dementia.

A NOTE ON SUICIDE

Suicide, when someone ends their life on purpose, is not a mental illness in itself. Not all people who die by suicide experience a mental illness. However, suicide may be linked to many different mental illnesses. It’s important to take any talks or thoughts of suicide seriously and seek help.

Organic Brain Disorders

• affects 1% of people as a result of physical disease or injury to the brain.
• includes 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 and 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 toll free 1-866-327-1998 www.mbia.ca
• SOCIETY FOR MANITOBANS WITH DISABILITIES 
  204-975-3019 or TTY 204-975-3012
• STROKE RECOVERY ASSOCIATION OF MANITOBA 
  204-942-2880 www.strokerecovery.ca
• FADS LIFE’S JOURNEY INC. 
  204-772-1591
• INITIATIVES FOR JUST COMMUNITIES TOUCHSTONE FASD PROGRAM 
  204-925-1928 Suite 302 – 120 Forte Avenue
• MANITOBA FASD CENTRE 
  204-258-6600 www.fasdmantoba.com

FREQUENTLY CALLED NUMBERS

CMHA Manitoba and Winnipeg Phone Line 
  204-982-6100

• CMHA Service Navigation Hub 
  204-775-6442
• WRHA Mobile Crisis Service 
  204-940-1781
• TTY Deaf Access Line 
  204-779-8902

Crisis Response Centre – 817 Bannatyne Ave. 
  24-hour walk-in

Klinic Clinic Line 
  204-786-8868

Klinic Sexual Assault Line 
  204-780-8831

Manitoba Suicide Prevention & Support Line 
  1-877-343-7770

Sexual Assault House 
  204-231-0217

Seneca Help Line (7 pm – 11 pm only) 
  204-942-9276

Mood Disorders Association of Manitoba 
  204-786-0987

Anxiety Disorders Association of Manitoba 
  204-925-0000

Manitoba Schizophrenia Society 
  204-786-1616

WRHA Community Mental Health Services 
  204-788-8330

Health Links 
  204-788-8200

Family Doctor Connection 
  204-786-7111

Addictions Foundation of Manitoba 
  204-939-4000

Employment & Income Assistance – Main Line 
  204-984-4000

Employment & Income Assistance – After Hours Emergencies 
  204-945-0183

Youth Crisis Stabilization System 
  204-949-4777 or 1-888-363-2776

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DISCLAIMER

This listing of services does not constitute an endorsement of those services by the Canadian Mental Health Association.