



CANADIAN MENTAL HEALTH
ASSOCIATION
WATERLOO WELLINGTON

HERE 4 YOU

Rotary Club Cambridge



OUR AGENDA

MENTAL HEALTH

A bit about CMHA WW

What is it?

What do I do?

Where to get help?



CMHA WW

- largest CMHA in Canada
- Children to Seniors
- Here 24/7 (1-844-HERE247)
- Counselling, Treatment, Intensive Services
- Promotion and Education

**Normal is a setting on a
washing machine.**

**1 in 4 people will experience
a mental health issue in their
lifetime.**

WHAT IS IT TO BE MENTAL HEALTHY?

- mental health is like the weather - it is the emotional and psychological climate in which we live.
- healthy means you can weather the storms. You feel balanced and safe regardless of your circumstances.

WHAT IS MENTAL ILLNESS?

- A disturbance in thoughts and emotions that decreases a person's capacity to cope with the challenges of everyday life.



WHAT IS MENTAL ILLNESS?

- Everybody experiences distress from time to time.
- **Duration, Intensity and Frequency** are part of what can determine how much a person is impacted.
- It is **NOT A WEAKNESS**. It is an illness.



**Mental Illness can affect
people of any age, gender,
ethnicity, culture or
socio-economic background.**

STATS

- Nearly half of people struggling with depression /anxiety haven't seen their doctor
- 4000 Canadians die by suicide each year
- Most common age group to die by suicide?
- Burden of mental illness is 1.5 times burden of all cancers
- Only 6% of the overall health care budget in Canada goes to mental health (and even less to addictions)



RISK FACTORS



- STRESS!!!
- Family History
- Brain injury
- early childhood trauma
- conflict/relationship issues
- physical pain
- sleep
- financial instability
- underdeveloped social/coping skills

WHAT TO LOOK FOR?

- talking about being a burden to others
- drinking/substances increases
- sleeping too much, too little
- extreme mood swings
- social isolation- dropping off radar
- becoming suspicious and/or paranoid
- thinking you have super powers
- something just isn't quite right...

SUBSTANCE ABUSE

- 80% of folks with mental health also will use substances at an unhealthy rate
- Issues can be co-occurring



SUBSTANCE ABUSE

- Healthy Drinking rates for women?
- Healthy Drinking rates for men?



SIZE MATTERS!



WHAT TO DO?



1 844 437 3247

(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services

Waterloo-Wellington

- your friends
- your doctor
- your employer
- counselling agencies
- **Here 24/7**

WHAT TO DO?



- Stigma is the #1 issue why people don't get help
- Support one another
- Silence can kill



SOLE FOCUS

- Campaign to raise awareness and increase funding for LOCAL programs/services



#ShowYourSole



Canadian Mental
Health Association
Windsor-Essex County
Empowering Transitions to Wellness



CMHA WW

- Alison De Muy ademuy@cmhaww.ca



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