

## 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.



### 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

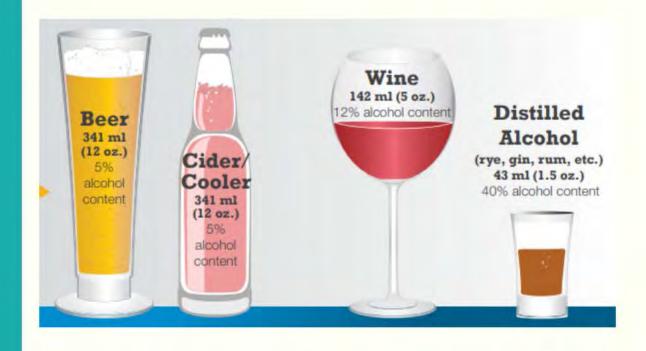




Healthy Drinking rates for men?

### SIZE MATTERS!





#### WHAT TO DO?



1844 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





### **CMHAWW**

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