



July-August-  
September 2019



Canadian Mental  
Health Association  
Prince George  
Mental health for all

# Peers Perspective Newsletter

Vol. **7**

**Break the stigma, peers helping peers**

**Public Education** -- Library and pamphlets available for all at the Canadian Mental Health Association, 1152 3<sup>rd</sup> Avenue, Prince George.

**Peer Support** – Offers support to individuals impacted by mental illness who require help in resolving issues or concerns they may have in dealing with areas of their daily lives such as: income assistance applications and appeals, government and agency forms and requirements, tenancy issues, making appointments, finding information, financial matters, or connecting to services. This is by no means an exhaustive list, as we attempt to assist individuals with all their needs as best we can, either directly or through referral. This is an open referral service, with anyone welcome to make appointments and inquires to 250-564-8644 Ext 205

**Community Education & Workshops** – Providing workshops on mental illness and informational material. 250-564-8644 Ext. 209

**Life Skills Support Program** – Designed to help those with mental illness develop and learn skills for independent living. 250-564-8644 Ext. 212

**Housing Resource Program** – To assist in accessing housing. 250-564-8644 Ext. 204

**Bounce Back Self Help** – For people living with mild to moderate depression with or without anxiety. 250-564-8644 Ext. 211



## Questions & Feedback?

### Do You Have a Story? We would like to hear it!

We strongly believe sharing real success stories from individuals (you can remain anonymous) can help spark needed conversations about mental wellness.

Contact Ed Lui at Canadian Mental Health Association  
Telephone: 250-564-8644 Ext 205  
Email: [edlui@cmhapg.ca](mailto:edlui@cmhapg.ca)

## Greener

Words, thoughts, actions, and feelings

Mixed together makes my mind go mad

I want the best for me, I want the best for you, is that so bad?

To give you what you want, I suffer, to please myself, I must be selfish

For everyone to be happy is my one true wish

I can't carry your baggage anymore for I am loaded to the max

I'm sorry to disappoint but that is a fact

How am I supposed to grow, when my side of the fence is always covered in your snow?

If it's always greener on the other side

Just think of who said it and question if they lied.


By Keegan

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## “Debriefing”

Hello, my name is Colleen, and I am involved in various mental health support systems. I am blessed to have family, friends, and to know good people within the mental health community. A friend of mine asked me what was “the one thing” I could change (contribute) with respect to the mental health system? My response simply was “the bitter feelings”(traumatic memories) one may experience while being placed in Isolated seclusion and the disorientational thoughts of how to proceed forward after experiencing something terribly not normal like seclusion.

The isolated seclusion room on the psychiatric floor of the hospital, for me was a very scary place to be! I felt I was left alone with thoughts racing in my head, while trying to sort out what is real and what is not! I was racing in my thoughts (manic) trying to figure out exactly what is happening and why! (At the time it felt like I was not informed about the reasons why I needed to be in seclusion.)

The medical staff did not take the time to explain to me the reasons why I was being placed in seclusion. At that point, it felt like I was not allowed to talk to no one! I was drugged to the nines (heavily medicated) to get me to go to sleep. Waking up in seclusion was not a happy experience for me. Isolation room is referred as the Quiet room or PICU(psychiatric intensive care unit).

Through my many PICU experiences I would like to suggest better ways to improve patient/medical staff contact and interaction. Please remember that I am a human being who may be ill but can still think. I can still understand your words.

Please explain to me the reasons why you are putting me in PICU. Tell me I need medication and sleep to help my brain rest right now. Tell me I need safe PICU, so that I do not hurt myself or others. Please talk to me. Please ask me if I want to talk.

A lot of times, the first time PICU experience is firmly attached to a patient having to grasp and accept that they have a mental health issue. A patient’s family and friends would benefit from understanding the truth required to move forward through a concept simply called debriefing.

“Debriefing” during and after being at the hospital helps give that patient and everyone involved necessary information to deal tactfully with their new found situation and issues. Debriefing may include:

- Medication and/or medication changes - Talking & Awareness - Symptoms & side effects - Family understanding - Lifestyle changes - Proper eating habits - Substance abuse - Housing/income - Goals - Ways to improve Mental Health -Supports

By Colleen

### Favorite Quotes

I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars.

Og Mandino

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

Dale Carnegie

No matter what people tell you, words and ideas can change the world.

Robin Williams

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.

Ralph Waldo Emerson

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

Martin Luther King, Jr.

### Nature and me

There is something special about Mother Earth... that I can merely keep my eyes on. She is wondrous with her mountains and forests. I have experienced her many times through out my life and every time I was awed by Her great beauty. Now that I have a mental illness...She is more important than ever. Every time I go for a walk outside, or around a lake I feel replenished and all my problems slip away like water in a mountain stream. I try to get out in nature when I can, and when I do I am never disappointed. One of my favourite things is going fishing. Summer or winter I love trying to catch fish and it's a good reason to go outdoors. When I go for a trail walk, sometimes I stop, sit down and meditate by a river and then feel connected to the Earth. Feeling good and having a mind clear are the only side effects. Where ever I go I am never displeased or wronged. I am only healed and loved by her compassionate arms.

Devin

### Funny Joke

A turtle is crossing the road when he's mugged by two snails. When the police show up, they ask him what happened. The shaken turtle replies, "I don't know. It all happened so fast."

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### Important numbers

Canadian Mental Health Association Prince  
George Branch: (250) 564-8644

Crisis Line: 1-888-562-1214

BC Suicide Crisis Centre: 1-800-Suicide  
(784-2433)

Primary Care: (250) 565-2612

BC Schizophrenia Society: 250-561-8033

Ace Activity Centre: 250-564-3396

## Greetings,

At Canadian Mental Health Association Prince George (CMHAPG) we want to share with you, mental health education from those with lived experience in the form of a newsletter.

In this newsletter we hope people may connect with the individuals behind the stories on a personal level and recognize in having similar feelings and thoughts that they are not alone, but more importantly that they can reach out for support to find hope.

Mental health affects everyone - it does not discriminate and affects individuals of all ages, races, and gender. As awareness of mental health becomes more prevalent, so does the need to educate and bring awareness to the public. Statistics have shown that 1 in 5 adults experience a mental health issue in their lives and 1 in 3 working Canadians report having had a mental health condition. Depression, anxiety, bipolar, whatever name it goes by. Mental illness costs Canadian employers billions of dollars every year. The reality is mental illness is a complex interplay of genetic, biological, personality and environmental factors. Stigma or discrimination attached to mental illness presents a serious barrier not only for diagnosis and treatment but in bringing forth acceptance in the community.

We're hoping to receive support by advertising your business in our newsletter. Any donation to help with the cost of printing will be appreciated. Please support mental health in the workplace.

Our main goal is to shed light on the darkness of mental illness by educating the public, education provided from those who have a mental illness. In conclusion, we hope you will be a part of our project that aims to help others and bring awareness around mental health to the community.

Thank You!

## Feedback

We would love for you to offer your ideas and feedback on the newsletter. If you would like to see a particular story or something we could add to the newsletter please feel free to tell us. The newsletter is about hearing how you are able to find hope in your life. It's about reaching to others who may feel alone in their own lives, and with their own struggles. You're the voice that gives hope to others.

## Wellness Word Seek

S Y A B N H Y Z F B L I G H T  
L N T A Y P T R R R J C E F J  
B E M I A W E V I E W M E W B  
G U A R L A V D E A P A W H M  
H N E R S A O M N T R E I B G  
H H I O N O U W D H Q B A O S  
T E N L G I I Q S E X H O C S  
C P A L O H N L H Z P D O S E  
W C E L U S T G I R H O K M N  
A E O O T V N I P E X S H I I  
F G V U W H B O A Q E L V L P  
L A E H N C C L C F F R N E P  
U N D E R S T A N D I N G L A  
A F V V C H E Q Z L L E T U H  
M E E T S E F L E S M K R F M  
K I N D N E S S I O I H A L E  
S S E N L L I E T N O E E U N  
N E E D J X V I C A G H H O T  
E V K T F O O C A R I N G S A  
J S Y L L N Y T S S E R T S L

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HEALTH  
HEART  
HOPE  
HUMAN  
ILLNESS

JOY  
KINDNESS  
LEARNING  
LIFE  
LIGHT  
LOVE  
MENTAL  
NEED  
PEACE  
QUALITY  
REASON  
SELFESTEEM  
SMILE  
SOULFUL  
STRESS  
THERAPY  
UNDERSTANDING

Opinions expressed are solely the individual author's and do not necessarily express the views or opinions of the Canadian Mental Health Association.

## How would you like to volunteer!

We at Canadian Mental Health Association are always welcoming new peoples who would like to volunteer and give their time and effort to a good cause. We hope to help people with mental illness with all their troubles or problems. Just go on our website

[www.princegeorge.cmha.bc.ca](http://www.princegeorge.cmha.bc.ca) for more information