



January-February-
March 2019



Canadian Mental
Health Association
Prince George
Mental health for all

Peers Perspective Newsletter

Vol. **5**

Break the stigma, peers helping peers



A Mental Health Story

I have a mental illness, it is called Chronic Depression with generalized anxiety disorder. I have had this mental illness for over 20 years. Right now I use self-care strategies such as, knowing my limits and trying to rest for coping with my illness. To keep healthy I have pets, work outside gardening and yard work, riding my horses, walking and going for long drives. I am mostly a vegetarian and usually try to eat healthy, although I do like junk food I try to not eat it often. Some of the barriers from this illness are: My get up and go has usually left without me, I have a tendency to isolate myself and I am always exhausted. My best support is my mom and my daughter. They understand that there are many forms of mental illness that do exist. I am not sure if I believe in miracles but I would like to believe in a higher power. I believe in helping others with a mental illness as it is great to know that we are not alone. The good things I have learned because of my experience with this illness is to be patient, kind, generous and understanding towards others. I don't drink or do drugs, but I smoke cigarettes daily. I do this to give myself a break alone to gather my thoughts and de-stress. Right now in my life I am working full time and have since before all of this illness began, I will continue to do so for as long as I am able. The challenges of

Public Education

Library and pamphlets available for all at the Canadian Mental Health Association, 1152 3rd 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 affordable 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@cmhpag.ca

BOOKS & COMPANY
 In downtown prince george
 telephonically 250.563.6637



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this mental illness right now are remembering to be kind to myself, take time for self-care and to slow down every once in a while or I tend to get into a high stress state and then have difficulties coping. What I would tell the mental health community that they might not fully realize is; we all have mental health and it is constantly fluctuating... We must be aware of it and work on it daily. There is nothing strange or weird about anyone with a mental illness and we are all individuals who cope with it the best that we can.

Losing balance

Explosion of energy
 Freedom, excitement!
 Enhanced senses.
 Radios and magazines full of clues...
 just for me
 Mankind needs me!

Forcefully enclosed by the
 “Walls-of-Sanity”
 fear, anger, confusion.
 Has it been hours or days?
 Time has no meaning.

A shocking new reality...
 its slower, quiet,
 Scary.
 It becomes familiar...
 Normal.

A blanket of blackness
 suffocates.
 Hibernation is the only friend
 Life is in slow motion,
 almost non-existent.

Spinning disruptions – cycle
 Interrupting
 love, life and laughter.
 Humiliation and regret irreversible.
 Security,
 comfort,
 self-confidence diminish.
 So many disappointments...
 unfulfilled dreams...
 Stolen...
 by no fault of my own.

Tammy Tetreau

Quote of the Month

Believe you can and you’re half-way there.

Theodore Roosevelt

Losing Balance

"Losing Balance", is my description of the various stages of Manic Depression, as I have experienced them. I describe mania, hospitalization, health, depression, and the devastating effects this illness has had on my life. During Mania I would go for days, sometimes weeks without sleep and experience an explosion of energy and excitement. When in public space I had the ability to hear a number of conversations at one time and hear intimate details from all of them. During a few episodes the radio would send me messages and when I looked at magazines, hidden clues would appear before me. On all occasions of being hospitalized I was committed and forced into seclusion where I would spend an undetermined amount of time. As the medications began to take affect it was always shocking at the rate my speedy thoughts would come to a halt. Upon my release from hospital I usually I sank into black depression, which would immobilize me for months. As a result of this illness, I have had to overcome incredible barriers, and learn to find meaning in life over and over. Thankfully, I have been able to accept my illness and have had successful treatment. Bi-polar has not disabled me for twenty-two years.

Tammy Tetreau



A Suicide Thought

Suicide is a very scary place of thought to be thinking about! You believe you are in so much pain that you nor anyone else can help you be free of the pain that presently won't go away! You may know that suicide will cause those around you, who love you great pain. You may believe you are in greater pain than the possible pain you will cause them.

Please don't search for suicide nor reach for suicide! Instead look suicide squarely into the eyes when suicide finds you in trouble. Tell suicide that there truly are friends of yours who say to you that "declining a prom date with suicide will free you up for a much better date with destiny sometime in the future." I am so glad that I turned down the choice of suicide in my deepest, darkest hours. I didn't know it back then but "that, that is" learned from pain was actually my future gain.

Anonymous

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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 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.

Joke of the Month

Q: Why did the can crusher quit his job?

A: Because it was soda pressing.

Statistics

Research shows that mental illness is the most important risk factor for suicide; and that more than 90% of people who commit suicide have a mental or addictive disorder.

Depression is the most common illness among those who die from suicide, with approximately 60% suffering from this condition.

Word Seek

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

AFRAID	ELATION	JADED	PEACEFUL
AGITATED	FURIOUS	JOVIAL	PLEASED
ANGUISH	GENIAL	LONELY	REMORSE
BLUE	GLOOMY	LOVE	SOMBER
BORED	GROUCHY	MELLOW	SUNNY
CHEERY	HELPLESS	MERRY	SYMPATHY
DARK	HOPEFUL	MISERY	UNEASY
DOWN	HUMILIATED	OFFENDED	UPBEAT
DREAD	HURT	ORNERY	WEARY
EDGY	IRKED	PANIC	

Want to Help Out? Volunteer or Donate!

Studies show regular volunteering can have a positive effect on mental and physical health. And who doesn't feel good giving? Visit www.princegeorge.cmha.bc.ca to learn more on how to help Canadian Mental Health Association and your own mental Health!