



April-May-June
2019



Canadian Mental
Health Association
Prince George
Mental health for all

Peers Perspective Newsletter

Vol. **6**

Break the stigma, peers helping peers

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 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@cmhappg.ca



Why Life is Worth Living

And then there are days when the simple act of breathing leaves you exhausted. It seems easier to give up on this life. The thought of disappearing brings you peace. For so long I was lost in a place where there was no sun, where there grew no flowers. But every once in a while out of the darkness something I loved would emerge and bring me to life again. Witnessing a starry sky. The lightness of laughing with old friends. A reader who told me the poems had save their life. Yet there I was struggling to save my own. My darlings, living is difficult. It is difficult for everybody. And it is at that moment when living feels like crawling through a pin sized hole, that we must resist the urge of Succumbing too bad memories. Refuse to bow before bad months or bad years. Because our eyes are starving to feast on this world. There are so many turquoise bodies of water left for us to dive in. There's family, blood or chosen. The possibility of falling in love, with people and places. Hills high as the moon, valleys that roll into new worlds and

BOOKS & COMPANY
 In downtown prince george
 telephonically 250.563.6637




1685 3rd Ave., Prince George V2L 3G5
 www.booksandcompany.ca • Email: orderbooks@shaw.ca

road trips. I find it deeply important to accept that we are not the masters of this place. We are Her visitors and like guests let's enjoy this place like a garden. Let us treat it with a gentle hand. So the ones after us can experience it too. . Let's find our own sun. Grow our own flowers. The Universe delivered us with the light and the seeds. We might not hear it at times but the music is always on. It just needs to be turned louder, for as long as there is breath in our lungs—we must keep dancing

Rupi Kaur

STRIKER PLUMBING & HEATING
 Reid Herman



CERTIFIED PLUMBER

250 613 3171
 info@strikerplumbing.com
 www.strikerplumbing.com

Residential and Light Commercial Plumbing

Anti-suicide/Pro-Life

I tried taking my own life and it wasn't pretty. Basically I took a bunch of pills... I luckily lived through it, and my Psychiatrist said I luckily had no brain damage. I recently got out of the psych ward and was staying at Davis Drive (a transitional house). There they mentioned that I get a new place for myself, and the idea of it perked me up. I was in a deep depression, so the idea of getting my own place lifted me up...temporarily. Anyways, I moved in to my own place and I felt utterly alone and suicidal. One night I tried suicide and wound up, woken up by my grandpa. My mom had a bad feeling and told grandpa to go check on me. I wound up back at the hospital. The only thing that brought me back out of depression was the medication. It did take a couple weeks though. What I learned is: someday, somehow, don't give up, don't give up...

Saltmedia
 creating success online

Angie Saltman
 President

angie@saltmedia.ca
 780-539-7258 ext 111
 www.saltmedia.ca

-  Website Design
-  SEO
-  Graphic Design
-  Writing
-  Online Marketing

Why do they do it? - can't take the stress - burdens too hard to bare - don't want to be a burden - See no way out - very depressed - social isolation or lack of a support network -major life changes or transitions, like those experienced by teenagers and seniors - a major loss, such as the death of a loved one, unemployment, or divorce.



Hart Home Hardware & Hart Drug Mart
 6707 Dagg Rd.
 Prince George, BC
 V2K 2R6

Jim Ewert
Chris Pallot
 Dealer – Owners


T 250 962 9666
F 250 962 8450
 jim@hartgroup.ca
 chris@hartgroup.ca

Why not to do it - family & friends loves you - somebody cares about you - it's not in the cards - your life matters - You are deserving of life and love - your soul craves life-not death - you can find peace some other way.

SIMPLY
beautiful
 JEWELRY DESIGN & CLOTHING

Patti Perrault
 Purchaser/Owner

778-415-9799



My opinion on suicide is always Pro-Life, I just can't believe it is ok to do it. There is a reason for your life, you have purpose, and it's not to take your life.

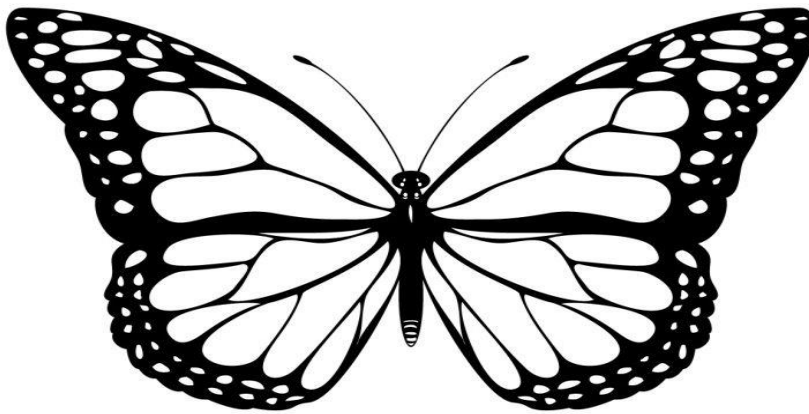
Can't you see... you matter! You're important, and you are loved. There are those that love you, and it would be a great loss to them if you take your life. No where do they say in the spiritual texts "take your life". I believe our soul is partly Gods, and that we don't have the right to do that, to take our own lives.

If you are thinking about it—tell someone! If you're thinking about it too much, you're not thinking properly and you should see or confide with someone, like your doctor.

My experience with suicide has taught me to not give up, to keep on trying, and be patient with recovery. When I have been very, very depressed I put my faith in my treatment from doctors and sometimes had to be patient with them. Medication helped and so

did my family, whom never has or will give up on me. I've been to the hospital many times and mostly because of depression. I felt like all I wanted to do was die, but I was given the time to come out of the depression in the hospital. It was a safe "house" for me. What kept me from not committing suicide was trusting the doctors and nurses that told me I will feel better- it would just take time. My family thankfully was behind me 100 % and I had to have fortitude with my treatment.

Devin Sluchinski



The little girl's butterfly

To everyone who truly knew her, the little girl was amazed with and loved all God's creatures! One day the little girl is promised a poster of a huge butterfly for her bedroom by her father as a birthday present. Soon she receives a poster of a huge caterpillar. Disappointed, the little girl questions her father about the difference. Her father explains that a caterpillar and a butterfly are the same. That through metamorphosis a caterpillar transforms itself into a butterfly! The little girl questioned everything to everyone who would listen. Eventually one night before bed she smartly asks God if he would answer an honest question with an honest answer. The question was, if God did a poll with everyone on the planet being asked to submit a picture of a butterfly to God how many people would submit just a picture of a caterpillar and why. The very next morning the little girl asked her father how he would respond to God's poll. It was not long before her father had installed two huge framed posters on the wall in her bedroom! One was a caterpillar and one is a beautiful butterfly! To the little girl, both posters are beautiful!

William McCoy

No act of kindness, no matter how small, is ever wasted.

Aesop

VICKY ANGLEHART
owner/re-finishing facilitator

(250)981-0779
rejuvegems@gmail.com

visit us on Facebook @rejuvegems

The Salvation Army-Prince George



Cpt. Neil Wilkinson

Corps Officer

777 Ospika Blvd. S

Prince George, BC, V2M 3R5

Office:(250)-596-0037 ext 402

iPhone : (778)-349-1750

Email: Neil_Wilkinson@can.salvationarmy.org



www.drwarawa.com

Dr. Terrance C. Warawa
Chiropractic Inc.

1525 Victoria Street

Redwood Square

Prince George, BC V2L 2L4

250-562-2377

Fax: 250-562-5318

Toll Free: 1-866-562-9990

Alex Saltman

President

780 833 2566 ext 112

1 844 747 7258

alex.saltman@ithorizons.ca

www.ithorizons.ca

Managed IT



Strategic and expert IT support delivered when and where you need it the most. In the office or in the field, we have you covered.

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.

A short blurb on ways to promote mental health using words.

- | | | |
|-------------------|----------------|-----------------|
| 1) Eating Healthy | 2) Drink Water | 3) Good Sleep |
| 4) Be in Nature | 5) Meditation | 6) Spirituality |
| 7) Sunlight | 8) Vitamins | 9) Try |
| 10) Positive | 11) Volunteer | 12) Reading |
| 13) Family | 14) Laughter | 15) Friends |



ridedon'thide

All of us have mental health that needs to be celebrated, protected and promoted. That's exactly what the Ride Don't Hide event does.

This year on June 23, over 10,000 Canadians will participate in a nationwide community bike ride that brings our friends, families and local communities together to say that mental health is important and we are not alone. In addition to a 6km, 15km, 30km and even a 50km bike rides, there will be a health fair with local service providers and vendors. We hope that by coming out to the event, you'll be part of the conversation which brings mental health into the open. Funds raised from this year's ride will go towards rebuilding our local clubhouse which burned down last August, 2018. It was a safe place where CMHAPG clients met, worked, trained, and were able to discuss mental health freely and openly, a shining example of breaking the stigma around mental health. By participating in Ride Don't Hide, you can help us do just that.

Sign up today and join at www.ridedonthide.com

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 for more information