



Family Mental Health Initiative

Initiative pour les familles touchées par la maladie mentale



Seasons' Greetings

FAMILY MATTERS

Our Mission: To provide support through education, training and referral to the family members of those individuals with serious and persistent mental illness difficulties. This will enable those families to adequately fulfill their roles in relationship to their family member(s), the mental health system and the community.

Notre mission : Offrir du soutien aux membres de la famille de personnes atteintes de troubles de santé mentale graves et persistants par l'entremise de l'éducation, de la formation et de l'orientation vers les services pertinents. Ce soutien vise à permettre aux membres de la famille de bien s'acquitter de leurs rôles à l'égard des autres membres de leur famille, du système de santé mentale et de la communauté.

Relationship Logo: The stylized individual represents the Family Mental Health Initiative of Simcoe County. The Initiative helps families fulfill their roles in relationship to their family member(s), the mental health system and the community. The three circles are representative of these relationships. The font chosen for the lettering has a very friendly appearance due to its curved lines. The letters themselves are narrow. This gives the feeling of togetherness.

December 2008

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from the desk of the coordinator

As I sit here writing this, I can see the first signs that the winter season is upon us. Flakes of snow have begun to fall and with this new flurry of activity outside I begin to reflect back on the flurry of activity for FMHI this past year. I experience a blizzard of memories of various people, the move to a new office location; the website; social and psycho-educational events; the conference; the meetings; and the laughter and the tears. So often at this time of year, I am reflective about what FMHI has accomplished and I think about the future. In 2009, FMHI will be celebrating it's 10th anniversary. In 1999, a group of family members from Simcoe County looking for support gathered with a shared vision of a local organization which would provide support to family members and friends via education, training, family support groups, referrals and volunteer opportunities. The founding family members established a sponsorship agreement with CMHA, Simcoe County Branch, and with funding from the Ministry of Health & Long-Term Care, FMHI arrived. 10 years later, FMHI continues to operate with one Coordinator, but I, nor my predecessors, were alone in accomplishing the work of the Initiative. For it took a family of people who shared the same vision as the founding members to continue the families supporting families mission and vision.

On behalf of the Family Mental Health Initiative of Simcoe County, I want to express my thanks, appreciation and gratitude to the volunteers; Katie, Georgian College Co-op Student; the Management Group members, past and present; CMHA Staff and Board; and all the community partners, for your support of FMHI. It is encouraging to know that you share in the belief of FMHI's mission and support family members and friends of persons experiencing mental health difficulties. To the family members and friends I have met over the years, you have shared your experiences and stories with me and reached out to FMHI when you were looking for support; your courage, strength, and dedication to support your loved one is inspiring. Kudos to all family members and friends!

All the best to you and your family; have a safe and wonderful winter season.

Sincerely, Tara

Mental Health Crisis Line
1-888-893-8333

FMHI is sponsored by the Canadian Mental Health Association, Simcoe County Branch and funded by the North Simcoe Muskoka Local Health Integration Network

Contact us at:

151 Essa Road, Suite 202 Barrie, ON L4N 3L2

Phone: 705-725-0363 Toll-Free: 1-800-324-3252 Fax: 705-725-5496 Website: www.fmhi.ca

Coping Through The Holidays

From [Mark Sichel, LCSW](#), for About.com

Here are some tools to get through the holiday season happily....as well as ways to prevent problems and misery for yourself and your loved ones:

1. **Have an attitude of gratitude.**

Misery and gratitude cannot occupy the same space in our psychological house, and we have the power to choose between these emotional states.

2. **One golden rule to getting along with family....be responsible for how you behave, You certainly have no control over how your relatives behave.**

The most important part of avoiding holiday stress with our families is for each of us to feel mastery over, & satisfaction with, our own behaviors, attitudes & feelings. If you know in your head and your heart that you've acted like the best parent, child, brother, sister, friend that you know how to be, you can walk away from any difficulty feeling good about yourself.

3. **If you're feeling depressed and lonely, volunteer with any number of groups.**

That help underprivileged or hospitalized children, the homeless, or the aged and disabled at the holidays. There are many, many opportunities for doing community service. No one can be depressed when they are doing community service.

4. **Decide upon your priorities and stick to them.** Organize your time. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion--this makes people cranky, irritable, and depressed.

5 **Remember, no matter what your plans, the holidays do not automatically take away**

feelings of aloneness, sadness, frustration, anger, and fear.

6. **Be careful about resentments related to holidays past.**

Declare an amnesty with whichever family member or friend you are feeling past resentments. Do not feel it is helpful or intimate to tell your relative every resentment on your long laundry list of grievances. Don't let your relative do that to you, either.

7. **Don't expect the holidays to be just as they were when you were a child.**

They NEVER are. YOU are not the same as when you were a child, and no one else in the family is either. On the other hand, if your memories of childhood holidays are awful, be grateful that you now have the capacity and skills to make them wonderful for yourself and those you love.

8. **Plan unstructured, low-cost fun holiday activities:** Window-shop and look at the Holiday decorations. Look at people's Christmas lighting on their homes, take a trip to the countryside, etc.--the opportunities are endless.

9. **Do not let the holidays become a reason for over-indulging:**

Over indulging in food and drink and create unnecessary weight gain and hangovers for yourself. This will exacerbate your depression and anxiety. Contrary to popular opinion, alcohol is a depressant.

10. **Give yourself a break;**

Create time for yourself to do the things YOU love to do.

Source: <http://mentalhealth.about.com/od/familyresources/a/holidaysichel.htm>

Stress Management Ideas

Special occasions can heap Additional stress onto already stressful situations.

Everyone sees situations differently and has different coping skills. For this reason, no two people will respond exactly the same way to a given situation.

Additionally, not all situations that are labeled "stressful" are negative. The birth of a child, being promoted or moving to a new home may not be perceived as threatening. However, we may feel that situations are "stressful" because we don't feel fully prepared to deal with them .

1. Recognize your symptoms of stress
2. Look at your lifestyle and see what can be changed -- in your work situation, your family situation, or your schedule
3. Use relaxation techniques - yoga, meditation, deep breathing, or massage
4. Exercise - Physical activity is one of the most effective stress remedies around!
5. Time management - Do essential tasks and prioritize the others. Consider those who may be affected by your decisions, such as family and friends. Use a check list so you will receive satisfaction as you check off each job as it is done
6. Watch your diet - Alcohol, caffeine, sugar, fats and tobacco all put a strain on your body's ability to cope with stress. A diet with a

balance of fruits, vegetables, whole grains and foods high in protein but low in fat will help create optimum health. Contact your local branch of the Heart and Stroke Foundation for further information about healthy eating

7. Get enough rest and sleep
8. Talk with others - Talk with friends, professional counselors, support groups or relatives about what is bothering you
9. Help others - Volunteer work can be an effective and satisfying stress reducer
10. Get away for awhile - Read a book, watch a movie, play a game, listen to music or go on vacation. Leave yourself some time that's just for you
11. Work off your anger - Get physically active, dig in the garden, start a project, get your spring cleaning done
12. Give in occasionally - Avoid quarrels whenever possible
13. Tackle one thing at a time - Don't try to do too much at once.
14. Don't try to be perfect
15. Ease up on criticism of others
16. Don't be too competitive
17. Make the first move to be friendly
18. Have some fun!! Laugh and be with people you enjoy!

Source: http://www.cmha.ca/data/1rec_docs/403_CMHA_coping_with_stress_EN.pdf
Canadian Mental health Association

Volunteer Opportunities:

Make a Difference!

Volunteer Management Group Members

FMHI is looking for people to join the Management Group; the purpose of the Group is to oversee all matters related to the operation of FMHI. The Group meets 5 times a year for 2-hours on a Tuesday evening, starting at 6:00pm in Barrie. Family members, caregivers, and friends from across Simcoe County are encouraged to apply.

Volunteer Family Support Group Facilitators

FMHI is looking for people to co-facilitate the Barrie Family Group. This group meets once per month in the evening. Orientation to the facilitator role is provided.

If you are interested in either of these volunteer opportunities, please forward a letter of interest to FMHI at:

151 Essa Rd., Suite 202
Barrie, ON L4N 3L2
Fax: 705-725-5496

Thank you to all who apply, however, only those successful candidates will be contacted for an interview.



Suicide Prevention



What are the danger signs?

Some warning signs that a person may be suicidal include:

- repeated expressions of hopelessness, helplessness, or desperation,
- behaviour that is out of character, such as recklessness in someone who is normally careful,
- signs of depression - sleeplessness, social withdrawal, loss of appetite, loss of interest in usual activities,
- a sudden and unexpected change to a cheerful attitude,
- giving away prized possessions to friends and family,
- making a will, taking out insurance, or other preparations for death, such as telling final wishes to someone close, making remarks related to death and dying, or an expressed intent to commit suicide. An expressed intent to commit suicide should always be taken very seriously.

Prevent a suicide attempt

If you are concerned that someone may be suicidal, take action. If possible, talk with the person directly. The single-most important thing you can do is listen attentively without judgement.

Talking about suicide can only decrease the likelihood that someone will act on suicidal feelings. There is almost no risk that raising the topic with someone who is not considering suicide will prompt him/her to do it.

Find a safe place to talk with the person, and allow as much time as necessary. Assure him/her of your concern and your respect for his/her privacy. Ask the person about recent events, and encourage him/her to express his/her feelings freely. Do not minimize the feelings involved.

Ask whether the person feels desperate enough to consider suicide. If the answer is yes, ask, "Do you have a plan? How and where do you intend to kill yourself?"

Admit your own concern and fear if the person tells you that he/she is thinking about suicide but do not react by saying, "You shouldn't be having these thoughts; things can't be that bad." Remember, you are being trusted with

someone's deepest feelings. Although it may upset you, talking about those feelings will bring the person relief.

Ask if there is anything you can do. Talk about resources that can be drawn on (family, friends, community agencies, crisis centres) to provide support, practical assistance, counselling or treatment.

Make a plan with the person for the next few hours or days. Make contacts with him/her or on his/her behalf. If possible, go with the person to get help.

Let the person know when you can be available, and then make sure you are available at those times. Also, make sure your limits are known, and try to arrange that there is always someone that he/she can call at any time of day.

Ask who else knows about the suicidal feelings. Are there other people who should know? Is the person willing to tell them? Unfortunately, not everyone will treat this issue sensitively. Confidentiality is important, but do not keep the situation secret if a life is clearly in danger.

Stay in touch to see how he/she is doing. Praise the person for having the courage to trust you and for continuing to live and struggle.

Some things that you can do are:

- call a crisis telephone support line,
- draw on the support of family and friends,
- talk to your family doctor; he/she can refer you to services in the community, including counseling and hospital services,
- set up frequent appointments with a mental health professional, and request telephone support between appointments,
- get involved in self-help groups,
- talk every day to at least one person you trust about how you are feeling,
- think about seeking help from the emergency department of a local hospital,
- talk to someone who has "been there" about what it was like and how he/she coped, avoid making major decisions which you may later regret.

Source: http://www.cmha.ca/BINS/content_page.asp?cid=3-101-102 Canadian Mental Health Association

Grief After Suicide

Coming to terms with the death of a loved one is one of life's most challenging journeys. When the death is from suicide, family members and friends can experience an even more complex kind of grief. Survivors of suicide and their friends can help each other and themselves by gaining an understanding of grief after suicide. For survivors, it helps to know that the intensity of their feelings is typical. Friends can learn how to support the bereaved.

A Different Grief

Survivors of suicide – the family and friends of a person who completes suicide – feel the emotions that death always brings. Adding to their suffering is the shock of a sudden, often unexpected death. As well, they may feel isolated and judged by society, friends and colleagues. Some people compare the emotional stress to being trapped on an endless roller-coaster. Survivors may feel:

- guilt, anger, blame, shame, confusion, relief, despair, betrayal, abandonment
- disconnected from their loved one because he or she chose to die
- consumed by a need to find the meaning and reasons for the suicide
- an exaggerated sense of responsibility for the death the suicide was malicious, or a way for the deceased to get back at them.

Stigma Affects Mourning

Suicide is a difficult topic for many people. Cultural and religious taboos can lead to judgmental or condemning attitudes. Some people prefer to avoid even discussing suicide and their lack of knowledge about it makes them fearful. Attitudes like these can isolate and further stress survivors. Stigma leads survivors to feel abandoned by their social network. They describe:

- Being avoided by friends or acquaintances
- Feeling judged
- People behaving as if the death had not occurred

Some survivors perceive stigma that is not really there. They may anticipate difficult questions and disapproval, and withdraw in order to protect themselves. Whether it is real or perceived, stigma can affect a survivor's journey to acceptance.

What Survivors Should Know

First, know that you are not alone. Approximately 1 out of 4 people know someone who died by suicide. It can also help to know that:

- Suicide was the decision of the person who died
- It is estimated that the majority of suicides are the result of untreated depression or other mental illness

Survivors Are at Risk

Survivors of suicide are at high risk of completing suicide themselves. The experience suddenly makes the idea of suicide very real, and it is not uncommon for survivors to experience suicidal thoughts. Another factor is that suicide-related illnesses like depression run in families. Because of this increased risk for suicide, survivors should not be isolated, but rather supported and encouraged to talk about all their feelings – even the most difficult ones.

Survivor Coping Strategies

No two people ever experience grief in the same way, or with the same intensity, but there are strategies that can help you cope with your loss.

- Acknowledge that the death is a suicide
- Recognize your feelings and loss
- Talk openly with your family so that everyone's grief is acknowledged and can be expressed
- Reach out to your friends and guide them if they don't know what to say or do
- Find support groups where you can share your stories, memories and methods of coping
- Be aware that anniversaries (e.g. birthdays) can be especially difficult and consider whether to continue old traditions or begin new ones
- Develop rituals to honour your loved one's life

How Can I Help My Friend?

Showing a willingness to listen is probably the most important thing you can do for a friend who is a survivor of suicide. It may be distressing at first, but you're not expected to provide answers. Instead, you can be a comforting, safe place for someone who desperately needs to talk. What you can do:

- Listen with non-judgmental compassion
- Understand that your friend will need time to deal with their loss
- Avoid clichés
- Talk about the person who has died
- Offer practical assistance such as shopping, cooking, driving
- Find and offer information on resources, support groups, etc.
- Be aware of difficult times, like anniversaries and holidays

Source: http://www.cmha.ca/bins/content_page.asp?cid=3-101-103 Canadian Mental Health Association



Bright Light Therapy



Use:

Bright Light Therapy is a procedure used primarily to treat patients with a form of Depression called a Seasonal Affective Disorder. It has also been used to treat milder “winter blues”, premenstrual syndrome and some sleeping disorders.

How do you use Bright Light Therapy?:

There are a number of different BLT products on the market, including *light visors*, *standard light boxes*, or *dawn simulators* (your physician will advise you what units may be best for you). These units deliver up to 10,000 lux units of illumination; it is of utmost importance that only UV-filtered light be used.

You will wear the visor during the time of year when you typically experience symptoms of seasonal depression. (Your physician will tell you when to begin using the light source and whether to use it in the early morning or evening.) It is not necessary for you to glance directly at the light source; you may read, eat, or perform other activities during exposure.

How does Bright Light Therapy work?:

As in the case of many medical treatments, the actual way that BLT relieves symptoms of depression is not totally understood. Sev-

eral theories have been proposed related primarily to the “light-dark” hormone melatonin, and to the ability if bright light to re-set the body’s internal clock.

How effective is Bright Light Therapy?:

Studies comparing the effectiveness of BLT and drug therapy in seasonal affective disorder have consistently shown that BLT is the most effective treatment for this form of depression. Most patients begin to see improvement in their symptoms after 1-3 weeks of daily exposure to the light.

How safe is Bright Light Therapy and what are the potential side effects?:

BLT is considered a very safe procedure and studies over 6 years have shown no damage to the eyes from the light source.

Side effects that can occur include:

- Nausea- if severe, use an antinauseant (e.g. dimenhydrinate) prior to light exposure.
- Headache– acetaminophen can be used.
- Itchy or stinging eyes– this tends to occur early in treatment and goes away with time. If it continues to be bothersome, sit further away from the light source or decrease the time you spend under the light until the problem is resolved.

- Skin irritation– tends to occur in people with sensitive skin, or blondes and redheads. You may need to decrease your exposure to the light until the skin problem resolves; then you can gradually increase the time spent under the light.
- Nervousness– Let your doctor know if this problem continues. If your mood becomes unusually elevated following BLT, contact your doctor before continuing with the treatment.

What else do I need to know about Bright Light Therapy?:

- Light should be used under supervision from your doctor.
- Ensure you understand how, when, and for how long you are to use the light visor or standard light box. Ask your doctor to explain anything about the treatment that you do not understand.
- Do not overuse BLT.
- As medication can interact with BLT, ensure your doctor is aware of all medication you are taking, including over-the-counter and herbal preparations.

Source: Clinical Handbook of Psychotropic Drugs, 13th edition, © 2003, Hogrefe & Huber Publishers. Page 280

Family Support Groups



Family Mental Health
Initiative

The Barrie Family & Friends Mental Health Support Group:

Date: 2nd Tuesday of every month

Time: 6:00pm – 7:30pm

Location: 350 Grove St., East in Barrie (Grace United Church)

* Family Mental Health Initiative is pleased to sponsor this support group designed for family members, caregivers and friends of persons with a mental illness.

The Midland Family & Friends Mental Health Support Circle:

Contact: Laurie Nielson 705-549-3181 ext 2180

Date: Thursday, December 4, 2008 (continuing bi-weekly thereafter)

Time: 7:00pm – 9:00pm

Location: 334 King St. (HERO Centre - Our Place Social Club - side door of building)

* Family Mental Health Initiative and the Mental Health Centre Penetanguishene is pleased to offer this support circle designed for family members, caregivers and friends of persons with a mental illness.

The Barrie Chapter of the Schizophrenia Society of Ontario Family Support Group:

Date: Last Thursday of every month

Time: 7:00pm – 9:00pm

Location: Zehrs Grocery Store on Bayfield St. in Barrie (Upstairs Community Room)

Family Mental Health Initiative's quarterly newsletter and brochure are offered in both official languages (English and French) If you would like to begin receiving the French version of the newsletter, please complete the form on Page 9 of this issue and check the box stating your choice. Thank you.

Le bulletin trimestriel et la brochure de l'Initiative pour les familles touchées par la maladie mentale sont offerts dans les deux langues officielles (français et anglais). Si vous désirez commencer à recevoir la version française du bulletin, veuillez remplir le formulaire à la page 9 de la présente édition et cocher la case indiquant votre choix. Merci.

VISIT US
ON THE WEB!
www.fmhi.ca





Addiction & Mental Health Resource List - Simcoe County & Muskoka

Mental Health Crisis Line – Simcoe County/Muskoka
Contact 705-728-5044 or 1-888-893-8333

Family Mental Health Initiative of Simcoe County
Contact 705-725-0363 or 1-800-324-3252

Canadian Mental Health Association, Simcoe County
Contact 705-726-5033

Canadian Mental Health Association, York Region & South Simcoe
Contact 1-866-208-5509 Ext. 3221

Muskoka-Parry Sound Community Mental Health Services
Contact 1-800-245-5036

Mental Health Centre, Penetanguishene (MHCP)
Contact 705-549-3181

Outpatient Services – MHCP
Contact 705-526-0567

Patient/Client & Family Council—MHCP
Contact 705-549-3181 ext. 3181

Georgianwood Concurrent Disorders Program – MHCP
Contact 705-549-3181 ext. 2122

Community Mental Health Services – Collingwood
Contact 705-444-6600

Orillia Soldiers' Memorial Hospital – Mental Health & Addiction Program
Contact 705-327-9122

Royal Victoria Hospital – Mental Health & Addiction Program
Contact 705-728-9802 ext 47234

RVH – Withdrawal Management Services
Contact 705-728-4226

RVH – Mental Health Support Services
Contact 705-726-7490

Simcoe Outreach Services
Contact 705-726-7062

Seven South Street Treatment Centre
Contact 705-325-3566

Addiction Outreach Muskoka Parry Sound
Contact 705-645-1311

Wendat Community Psychiatric Support Programs
Contact 705-526-1305

Enaahchtig Healing Lodge & Learning Centre
Contact 705-534-3724

B'saanibamaadsiwin – Native Mental Health (Muskoka)
Contact 705-746-2512

Consumer/Survivor Project in Collingwood
Contact 705-444-1844

Council of Consumer/Survivor & Family Initiative (Muskoka)
Contact 1-800-245-5036

Patient/Client & Family Council - MHCP
Contact 705-549-3181 ext. 2180

Mary McGill Community Mental Health Centre (South Simcoe)
Contact 705-435-6281

My Friend's Place (South Simcoe)
Contact 705-435-0054

Catholic Family Life Centre North Simcoe
Contact 705-526-9397

Catholic Family Life Centre Simcoe South
Contact 705-726-2503

Orillia Depression, Anxiety and Manic Depression Self Help Group (DAMD): meets at Doolittle-Carson Recreation Centre (57 Neywash St., Orillia - side entrance) from 7:30pm—9:30pm the 2nd & 4th Tuesday each month. Contact: 705-325-2201 ext 3992 (leave a message) - family members welcome to attend.

Freedom From Fear/Obsessive-Compulsive Disorder Self-Help Group: meets at 39 High St., in Barrie starting at 5:00pm on the 3rd Wednesday each month. You do not need to register, you can just show up.—family members welcome to attend.

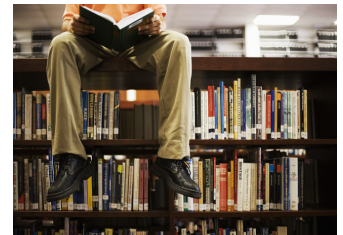
The Lending Library

If you are looking to learn more about a specific illness or topic, FMHI has many books, videos, audio cassettes, that family members, caregivers and friends can loan out from the library. The library is located at 39 High St. in Barrie.

Books are loaned out for 3 weeks at a time; DVDs, cassettes, videos', CDs are loaned out for 1 week at a time.

Come on in to have a look around, the library also has magazines, brochures and flyers of events, services and programs.

The Lending Library is open to everyone.





Family Mental Health Initiative

Wellness Kits Order Form

- Family Resource Kit** The kit contains brochures from mental health agencies in Simcoe County; tip sheets, as well as other useful information on specific mental illnesses.
- Native Wellness Kit** The kit contains information and brochures from aboriginal agencies in Simcoe County; as well as a resource list on other friendship centers, native treatment centers, and bands throughout Ontario and Canada; information on specific mental illnesses is also included.
- Concurrent Disorders Wellness Kit** The kit (Mental health & Addiction) contains information about specific mental health and addiction agencies in Simcoe County as well as fact sheets on concurrent disorders.
- Dual Diagnosis Wellness Kit** The kit (Mental Health & Developmental Delay) contains information about specific mental health and developmental delayed agencies in Simcoe County as well as fact sheets on dual diagnosis.
- Youth Wellness Kit** The kit contains fact sheets on various mental illnesses and brochures from local social services agencies. This kit has information to help young people understand what is a mental illness, written to their age, when they have a parent, sibling or friend who is mentally ill. The kit also provides information for parents whose youth is experiencing mental health difficulties.
- Women's Mental Health & Addictions Wellness Kit** The kit contains mental health and addictions information specific to women; including fact sheets, agency brochures. The kit is also for people wanting to learn more about women's mental health and addictions.
- Older Person's Mental Health & Addictions Wellness Kit** The kit contains fact sheets on topics of mental health and addictions regarding the older person, and agency brochures.
- Early Psychosis Resource Kit** The kit contains information on the signs and symptoms of psychosis; fact sheets written for youth with a sibling experiencing a first episode and information on recovery.

ONE KIT OF EACH PER ORDER

Name: _____
 Address: _____
 City/Town: _____ Province: _____ Postal Code: _____
 Phone: _____ Fax: _____ Email: _____

Mail to: Family Mental Health Initiative of Simcoe County 151 Essa Road, Suite 202 Barrie, Ontario L4N 3L2
 Ph: 705-725-0363 Toll-free: 1-800-324-3252 Fax: 705-725-5496



Family Mental Health Initiative

Newsletter Order Form

- Please **UPDATE** my confidential mailing so that I may receive the **FRENCH VERSION** of this family newsletter.
 If you would like to receive our quarterly Newsletter for free, please fill in your mailing/email information and send back to the Family Mental Health Initiative of Simcoe County. You will receive the next issue of the newsletter upon receiving your information. Thank you for your support and interest in this family newsletter
 - Please **ADD** my name to FMHI's Confidential Mailing List, so that I may receive this family newsletter
 - English Version
 - French Version
- Name: _____
 Address: _____
 City/Town: _____
 Province: _____ Postal Code: _____
 Phone: _____ Fax: _____
- I prefer to have the newsletter sent to my email. Email: _____



Family Mental Health Initiative

151 Essa Road, Suite 202
Barrie, ON L4N 3L2
Phone: 705-725-0363
Toll Free: 1-800-324-3252
Fax: 705-725-5496
Website: www.fmhi.ca

“Families and friends caring together provide support, hope and recovery.”



I have had a change in address; please update my confidential mailing information

Family Mental Health Initiative

NEW ADDRESS:

Old Address:

Name: _____

Name: _____

Address: _____

Address: _____

City/Town: _____

City/Town: _____

Province: _____ Postal Code: _____

Province: _____ Postal Code: _____



Family Mental Health Initiative

Resource Handbook Order Form

Yes, I would like to purchase the Circle of Friends **Resource Handbook: Your Guide to Navigating the System** - \$5.00 each + S&H. Within the handbook you will find: a list of services and a brief description of what that service offers; a list of self-help groups; definitions illnesses; types of medication; common legal forms; a family crisis plan and a glossary of terms.

Please make cheques payable to: CMHA, Barrie-Simcoe - FMHISC

Total number of handbooks purchased: _____

Cost of total number of handbooks purchased (\$5.00 each): _____

Shipping & Handling Charge (\$2.65 per handbook): _____

Total Amount: _____

ALL PURCHASE ORDERS WILL BE MAILED OUT ONCE PAYMENT HAS BEEN RECEIVED

Name: _____

Address: _____

City/Town: _____ Province: _____ Postal Code: _____

Phone: _____ Fax: _____ Email: _____