

Mental health for all

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BE MIND FULL

CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

Our Vision

Mentally healthy people in a healthy society

Our Mission

As the nation-wide leader and champion for mental health, CMHA facilitates access to resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.



CMHA Winnipeg Region exists so that people of Winnipeg & Manitoba are mentally healthy and people experiencing mental illness have support for their resilience and recovery.

- People with mental illness are full participants in society.
- People of Winnipeg and Manitoba have an understanding of the factors involved in being mentally healthy.
- Families and Caregivers have access to the appropriate supports required by themselves and those they care for.
- Decision Makers have adequate information to make informed decisions regarding mental health and mental illness.



Mental health for all

Taking care of
your mental health &
well-being when
faced with a chronic
illness



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Stats & Facts

- Canadians who report symptoms of depression also report experiencing three times as many chronic physical conditions as the general population.
- Canadians with chronic physical conditions have twice the likelihood of also experiencing a mood or anxiety disorder when compared to those without a chronic physical condition.
- One out of every two Canadians with major depression and a co-existing chronic physical condition report limitations in their day-to-day activities.



Mental Health Impact of Chronic Health Issues

- Emotional adjustment and distress
- Stress of enduring pain
- Anxiety
- Depression
- Caregiver stress and burnout



“Living with chronic health issues is a challenging task which impacts nearly every aspect of your life. Despite these lifestyle changes, one aspect of your life you shouldn’t sacrifice is your emotional well-being. Learning to recognize and understand the impact depression has on you, as well as others you care about, will help you live a full and productive life while coping with your health issues”



Understanding Depression

Effects of emotion: sadness, anxiety, guilt, anger, mood swings, lack of emotional responsiveness, helplessness, hopelessness, irritability.

Effects on thinking: frequent self-criticism, self-blame, worry, pessimism, impaired memory and concentration, difficulty making decisions, confusion, feeling others see them in a negative light, thoughts of death and suicide.

Effects on behaviour: crying spells, withdrawal from others, neglect of responsibilities, loss of interest in personal appearance, loss of motivation.

Physical effects: chronic fatigue, lack of energy, sleeping too much or too little.



Understanding Anxiety

Anxiety is a normal feeling that everybody experiences at some time. It's a natural response that is useful in helping us avoid dangerous situations and motivating us to solve everyday problems.

Anxiety disorders differs from normal anxiety in the following ways:

- It is more severe or intense
- It is long lasting
- It interferes with the person's ability to function(e.g., school, work, relationships, emotional state)
- It occurs when a person is not in a state of danger



Mental health for all

Some of the reasons it may be difficult to navigate these concerns and get help include:

- Stigma
- Misconceptions
- Symptoms
- Lack of understanding
- Denial

All may lead to discrimination.



Importance of Getting Help Early

“Early intervention works with mental health just as it does with physical health. Treat a cold before it becomes pneumonia. Treat emerging behaviour or emotional problems before they become more complex and deep-seated.”



Mental Health is “something” positive

It includes:

- meaningful connections to others
- feeling good about ourselves
- having a sense of confidence that we can manage most aspects of our lives
- we are able to enjoy life, grow and contribute in satisfying ways to the world



Everyday Strategies that Promote Positive Mental Health

The next few slides are simple everyday activities that can significantly improve emotional and mental well-being then used on a regular basis.

They require little time or resources.



Physical Activity

Physical activity can relieve stress and lift your mood. Exercise is a powerful antidote to stress, anxiety, and depression.

Look for small ways to add activity to your day, like taking the stairs instead of the elevator or going on a short walk.

To get the most mental health benefits, aim for **30 minutes** or more of exercise per day.



Nutrition

Learn about good nutrition and practice it. The subject of nutrition is complicated and not always easy to put into practice. But the more you learn about what you eat and how it affects your energy and mood, the better you can feel. Omega -3 fatty acids through fish consumption or 1-3 gram supplements daily has been shown to reduce depression



Sleep

Get enough rest. To have good mental and emotional health, it's important to take care of your body. That includes getting enough sleep. Most people need seven to eight hours of sleep each night in order to function optimally.



Time to Reflect

Make time for contemplation and appreciation. Think about the things you're grateful for. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.



Three Good Things

Prescription for positive mental health

Take time to think about and write down 3 good things about your day....

- 1.
- 2.
- 3.

Reflect on your role. Do this every day !



Vitamin D and Sunshine

Get a dose of sunlight every day. Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day. This can be done while exercising, gardening, or socializing



Connect with Others

- Get out from behind your TV or computer screen.
- Spend time daily, face-to-face, with people you like.
- Volunteer. Doing something that helps others has a beneficial effect on how you feel about yourself.
- Be a joiner. Join groups and activities that interest you and attend on a regular basis.



Spirituality

- Make time for your own spirituality or faith
- Spirituality is what gets many of us through the tough times.
- It takes many forms, depending on one's faith, and can include prayer, meditation, belief in a higher power and/or attending a place of worship or healing such as a church, sweat lodge, temple, walk through the forest, mosque, or retreat centre



Set Goals

Goal setting and planning tasks are very helpful strategies that can improve motivation, increase a sense of self-efficacy and lead to achieving greater success in making improvements in one's life.

- **Tracking progress** on goals can reinforce motivation.
- **Receiving feedback** from others that reveals progress can increase the chance of success



Ask For Help When You Need It

- If you've made consistent efforts to improve your mental and emotional health and you still don't feel good – then it's time to seek professional help.
- Input from a knowledgeable, caring professional can motivate us to do things for ourselves that we were not able to do on our own.



Where to find help if you need it....

CMHA – Mental Health Resource Guide for Winnipeg

FREE - 20th Edition - 2015

MENTAL HEALTH

RESOURCE GUIDE FOR WINNIPEG

The Canadian Mental Health Association Manitoba and Winnipeg is dedicated to helping you navigate the mental health system. **204-982-6100**
If you need help, call or visit our website at www.winnipeg.cmha.ca

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INTRODUCTION

If you or someone you know is experiencing a mental health problem, you may not know where to turn for information, help or support.

This guide is intended to assist individuals, families, friends or professionals to access information on the variety of services and supports available in the community of Winnipeg. Having access to useful information is a key value of the Canadian Mental Health Association. We hope this guide will assist you in finding the services or supports you are looking for in a timely manner.

mental health
definition:
"The capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face..."
Public Health Agency of Canada

Canadian Mental Health Association
Mental health for all

1 in 5 Canadians (20% of the population) today are likely to experience a diagnosable mental illness.



Goldberg Depression Scale

The Goldberg Depression Scale is an internationally known scale for screening for depression. This is just a screening tool and not intended to diagnose depression. If a person scores high on this scale, a professional assessment can accurately diagnose whether or not the person has a clinical depressive disorder.

Depression Scale
Circle one point for each "yes" if the symptom occurred at the time over the past 7-14 weeks:

1. Have you had less energy?
2. Have you lost interest or interest?
3. Have you lost confidence in yourself?
4. Have you felt hopeless?
5. Have you lost interest in sex?
6. Have you lost interest in your appearance?
7. Have you been weeping often?
8. Have you felt slowed up?
9. Have you tended to feel worse in the morning?

People with a score of two (2) have a 50 percent chance of having a mental health problem. As the higher scores the probability increases.

Goldberg Anxiety Scale

The Goldberg Anxiety Scale is an internationally known scale for screening for anxiety. This is just a screening tool and not intended to diagnose anxiety. If a person scores high on this scale, a professional assessment can accurately diagnose whether or not the person has a clinical anxiety disorder.

Anxiety Scale
Circle one point for each "yes" if the symptom occurred at the time over the past 7-14 weeks:

1. Have you felt nervous or jittery?
2. Have you had difficulty sleeping?
3. Have you had difficulty eating?
4. Have you had difficulty relaxing?
5. Have you been sweating profusely?
6. Have you had heartbeats or quick breaths?
7. Have you had any of the following symptoms: tingling, dizziness, lightheadedness, or numbness in your hands or feet?
8. Have you had difficulty concentrating?
9. Have you been worried about your health?
10. Have you had difficulty making plans?

People with a score of two (2) have a 50 percent chance of having a mental health problem. As the higher scores the probability increases.

Frequently Called Numbers

• CMHA Winnipeg Phone Line	204-982-6100
• Information and Referral	
• Right Counselor	
• WINHA Mobile Crisis Service	204-940-1761
• TTY Direct Access Line	204-779-8902
• Crisis Response Centres - 432 Burncliffe Ave.	24-hour walk-in
• Kibicki Crisis Line	204-786-8686
• Kibicki Sexual Assault Line	204-786-8631
• Manitoba Suicide Line	1-877-615-7151
• Seneca Helpline	204-331-6217
• Seneca Helpline (7 pm - 11 pm only)	204-942-6276
• Mood Disorders Association of Manitoba	204-786-8987
• Anxiety Disorders Association of Manitoba	204-925-6000
• Manitoba Schizophrenia Society	204-786-3114
• WINHA Community Mental Health Services	204-789-8339
• Health Lines	204-789-8300
• Family Doctor Connection	204-786-7111
• Addictions Foundation of Manitoba	204-944-4200
• Employment & Income Assistance - Main Line	204-968-8000
• Employment & Income Assistance	
• Adult Abuse Emergencies	204-945-5183
• Youth Crisis Stabilization System	204-948-4777
• 1-800-353-2746	



CMHA Workshops of Interest:

- *Mental Health Education for Families*
- *Mindfulness Based Stress Reduction*
- *Live Life to the Full*
- *Mental Health First Aid*



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