

WHERE TO GET HELP

Canadian Resources:

Canadian Association for Suicide Prevention (CASP) – www.suicideprevention.ca, 1-780-482-0198

CASP will help you to know the warning signs of suicidal behaviour and what you can do if someone is thinking of suicide, understand how to help those grieving the suicidal death of a relative or friend and learn about suicide intervention and postvention activities in your community.

Canadian Mental Health Association (CMHA) – www.cmha.ca, 416-484-7750

The CMHA is a nation wide charitable organization that promotes the mental health of all and supports the recovery of people experiencing mental illness. To find your local chapter visit the CMHA website.

Canadian Psychiatric Research Foundation (CPRF) – www.cprf.ca, 1-800-915-2773

The CPRF supports mental illness and addictions research nation wide. Contact the website for the newsletter, "Today" or to order resources such as; "When Something's Wrong", Ideas for Families, or to watch for upcoming events.

Centre for Addiction and Mental Health (CAMH) – www.camh.net, 416-535-8501

CAMH is Canada's leading addiction and mental health teaching hospital. CAMH improves the lives of those affected by addiction and mental health problems and promotes the mental health of people in Ontario and beyond.

Mennonite Central Committee of Canada: Mental Health and Disabilities Program – www.mcc.org/canada/program/health, 1-888-622-6337

MCC: mental health and disabilities program has a threefold mandate: to educate congregations about the issues faced by people living with a mental illness, to provide resources to empower congregations to be more effective in supporting and including people who live with mental illnesses and to provide a network of professionals in the area of mental health and disabilities within the Mennonite and Brethren of Christ Constituencies.

Mood Disorders Association of Canada – www.mooodisorderscanada.ca, 1-519-824-5565

The Mood Disorders Association is a national nonprofit, volunteer driven organization that is committed to improving quality of life for people affected by depression, bipolar disorder and other related disorders. Visit the website to find support near you.

National Alliance on Mental Illness (NAMI) – www.nami.org, 1-800-950-6264

Although NAMI is an alliance in the U.S. with over 1,000 self-help groups for people with serious mental illness and their families, they may be able to help you find an affiliate in your area. NAMI's faith section can be linked directly by going to www.faithnetnami.org. Faith NAMI facilitates the development within faith communities of a supportive environment for those with serious mental illness and their families, educates clergy and congregations and advocates hope and help for all those affected by mental illness.

Salem Christian Mental Health Association – www.salem.on.ca, 1-866-347-0041

Salem Christian Mental Health Association seeks to encourage and support faith based care and prevention for those who struggle with emotional distress or mental illness. Salem supports faith communities to respond to people with emotional and mental health needs with various programs that reach out directly to clients. These programs include counseling, consultation, seminars/workshops, Wrap Around, Restorative Practices, and the Congregational Assistance Plan.

Schizophrenia Digest – www.schizophreniadigest.ca, 1-866-672-3038

The Schizophrenia Digest is a bimonthly publication dedicated to bringing hope, dignity and support by providing information about mental health issues.

Schizophrenia Society of Canada – www.schizophrenia.ca, 1-888-772-4673

The Schizophrenia Society's mission is to improve quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.