



Shawn Haggerty
President

Teresa Magee
Secretary-Treasurer

Betty Pardy
Recorder

MENTAL HEALTH AT HOME AND IN THE WORKPLACE

Mental health covers a wide variety of conditions: anxiety, depression, eating disorders, bi-polar disorders, schizophrenia, obsessive compulsive disorders, post-traumatic stress, post-natal depression and much more. Many times these issues are complicated by addictions to alcohol and drugs – both prescribed and illegal.

Many people are ashamed to discuss their mental health issues. They fear being misunderstood and having the stigma of being ‘mentally ill’ attached to them.

But there’s nothing to be ashamed of. Almost everyone has someone in their life dealing with a form of mental health issue. Some conditions are a result of our genetics, and others emerge from emotional or physical trauma.

DID YOU KNOW?

One in three Canadians will experience a mental health problem in their life.

When it comes to work, employees often feel that seeking help may put their competency into question, which makes them even more reluctant to seek professional help. And the workplace, according to a World Health Organization (WHO) report, plays a key role in affecting our mental well-being.

Stress and burnout can happen easily to anyone. Social pressure, job performance and financial responsibilities are huge stressors. Yet that same WHO report found that only 1/3 of workers with depression will seek professional help through a doctor, mental health professional or their employee assistance program.

Many people dealing with mental health issues know when they’re getting overwhelmed but they might

not know why or what to do. Someone experiencing a mental health crisis may have poor judgement and decision-making skills because of the symptoms. And if they don’t have the tools and support system in place to handle the symptoms, it can go unaddressed and the situation can worsen.

Co-workers, family and friends can do a lot to improve someone’s chances of getting back on track and leading a healthy life with early symptom recognition. It can be hard to know what to do but supporting them and acting to get help as soon as possible is a good place to start.

Mental health challenges can be an enormous obstacle for many people and for those who love them. Recovery takes time and the coordination of many medical and support services. Suicide or death through substance abuse or other incident can be avoided by ensuring someone gets the help they need.

Mental health services need to be a priority in our society. There is very little legislation that deals with workplace psychological health and safety. But there is a trend toward making employers legally responsible for maintaining both a physically and psychologically safe workplace. In fact, on June 18, 2012, Bill C-300: an Act Respecting a Federal Framework for Suicide Prevention passed its third reading in the House of Commons. The legislation now proceeds to the Senate for further review.

Statistics Canada estimates that in 2009 there were 3,890 deaths from suicide in Canada.

The Canadian Mental Health Association (CMHA) lists the following as warning signs of suicide, with the most important signs being verbal, which should always be taken seriously.

- Saying things like ‘I can’t go on,’ ‘nothing matters any more’ or ‘I’m thinking of ending it all.’
- Becoming depressed or withdrawn.
- Behaving recklessly.
- Getting affairs in order and giving away valued possessions.
- Showing a marked change in behaviour, attitude or appearance.
- Abusing drugs or alcohol.
- Suffering a major loss or life change.

If you or someone you know is suicidal or in immediate danger **CALL 911**



To be put in contact with a mental health professional in your community, please contact the Locals 175 & 633 Members' Assistance Program. Call Sharon Clarke at 416-445-5819 x 25 (Mon-Fri 9:30 a.m. – 6 p.m.)



REGIONAL CRISIS LINES

If you're in crisis, there IS help available. If there is no crisis line available in your area, your community health services office can help you. Crisis lines are not a substitute for professional counselling.

Kids Help Phone is a great resource for teens and children
1-800-668-6868

*** all crisis lines listed are open 24 hours a day **
 7 days a week unless otherwise noted*

- Brampton/Caledon SPECTRA Community Support Service
 - Brampton 905-459-7777
 - Caledon 905-584-7770
 - Mandarin/Cantonese 416-920-0497 (M-F 10 a.m. - 10 p.m.)
 - Portuguese 905-459-7777 x 4 (M-F 10 a.m. - 10 p.m.)
 - Spanish 905-459-7777 x 3 (M-F 10 a.m. - 10 p.m.)
 - Hindi/Urdu/Punjabi 905-459-7777 x 2 (M-F 10 a.m. - 10 p.m.)
- Brant County Mental Health Crisis Response Line 519-752-2273
- Brantford
 - St. Leonard's Community Services Mental Health Crisis 519-759-7188 or 1-866-811-7188
 - Six Nations Crisis Services 1-866-445-2204 or 519-445-2404
- Brockville/Perth - Distress Centre of Lanark, Leeds & Grenville 1-800-465-4442 (5 p.m. – Midnight)
- Durham Distress Centre 905-430-2522 or 1-800-452-0688
- Frontenac County Crisis Line 613-544-4229
- Grey Bruce Distress Line 1-888-371-8485 or 519-376-2121
- Guelph/Wellington/Dufferin 1-877-822-0140
- Hamilton Suicide Crisis Line 905-522-1477
- Kingston Telephone Aid Line 613-544-1771 (7 p.m. – 3 a.m.)
- Kitchener/Waterloo Distress Centre 519-745-1166
- London & District Distress Centre Crisis Response Line 519-433-2023
- Niagara Area
 - St. Catharines/Niagara Falls 905-688-3711
 - Port Colborne/Wainfleet 905-734-1212
 - Fort Erie 905-382-0689
 - Grimsby/West Lincoln 905-563-6674
- North Halton (Georgetown/Milton) Distress Line 905-877-1211
- Oakville Distress Centre 905-849-4541
- Ottawa
 - Mental Health Crisis Line 1-866-996-0991 or 613-722-6914
 - Ottawa Region Distress Centre 613-238-3311
- Oxford County Crisis Line 519-539-8342 or 1-877-339-8342
- Peel Distress Centre 905-278-7208 or 1-800-363-0971
- Sarnia/Lambton Distress Centre 519-336-3000 or 1-888-347-8737
- Thunder Bay 807-346-8282 or 1-888-269-3100
- Toronto Distress Centre 416-408-HELP (4357) **151 languages available*
- Windsor Distress Centre 519-256-5000 (Noon-Midnight, 7 days a week)

Canadian Mental Health Association North Western Ontario branches (*not Crisis lines, generally open normal business hours*):

Fort Frances 807-274-2347	Nipissing 705-474-1299/1-888-474-1299
Kenora 807-468-1838	Sault Ste Marie 705-759-0458
Kirkland Lake 705-567-9596	Sudbury 705-675-7252/1-866-285-2642
New Liskeard 705-647-4444	Timmins 705-267-8100

WHAT'S THE DIFFERENCE?

COUNSELLOR - Currently, counsellors are not regulated in Canada. Counsellors perform essentially the same type of therapy as a psychologist but are not required to take the same schooling, therefore they are often less expensive. Counselling may be offered through your local community health organization and is usually covered by OHIP.

PSYCHOLOGIST - Psychology practitioners must have a Master's and/or Doctoral degree in psychology, which entails 6 – 10 years of education in clinical, counselling, clinical neuro or educational/school psychology. Psychologists must declare their area of expertise to the appropriate regulatory body. OHIP does not generally cover treatment by psychologists but if you receive treatment through a government funded service, such as a mental health agency, hospital or community health centre, there is generally no cost to you.

PSYCHIATRIST - A psychiatrist is a provincially licensed medical doctor who specializes in mental health. On average, psychiatrists complete 12 years of post-secondary education. They can prescribe medication and are trained in how to treat mental health issues using medication in addition to psychological therapy. You generally require a referral from your family doctor or primary community health centre and treatment is generally covered by OHIP.

A number of mental health services can be found through your local Canadian Mental Health Association (CMHA) branch.

www.ontario.cmha.ca

FOR MORE INFORMATION

Canadian Psychiatric Association
 Canadian Psychological Association
 Mental Health Canada/Mental Health
 Commission of Canada
 Centre for Addiction and Mental Health
 (CAMH)
 Centre for Suicide Prevention
 Canadian Association for
 Suicide Prevention



**Always consult your doctor to find out what's right for you.*