

Help

Our campaign addresses the critical need for mental health education in our communities. **Our campaign goal is \$75,000.** Your commitment to this campaign will provide education and help create an inclusive community dedicated to the rights and mental health of all people in Niagara. With your assistance, our campaign will **Break the Silence on Mental Illness.**

Benefits

Public educators at CMHA Niagara speak to high school students, seniors, professionals, service club members and other groups in the community. Individuals learn that they are not alone and that help is available. The help they receive today can lessen or prevent the mental illness of tomorrow.

The Research

The most comprehensive report on mental illness ever undertaken in Canada, *Out of the Shadows at Last*, by Senators Michael Kirby and Wilbert Keon was recently released. One finding states: *“the available evidence shows that some interventions aimed at mental health promotion and prevention are effective in reducing the onset of mental illness and/or its severity and duration.”* The report also states that suicidal behaviour can be addressed through promotion and prevention interventions. Over 90% of suicide victims have a diagnosable mental illness or substance abuse disorder.

Our Vision

An inclusive community dedicated to the rights and mental health of all people.

Our Mission

We are dedicated to leadership in mental health demonstrated by:

- the delivery of services that ensure full integration.
- advocacy and education that eliminates discrimination.

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For more information

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Break the Silence On Mental Illness Campaign



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

The Statistics:

1 in 5 Canadians will personally experience a mental illness in their lifetime

80,000 people will suffer from a mental illness in Niagara.

73% of hospitalizations for 15 to 24 year olds are for attempted suicides.

\$33 billion per year in lost productivity is due to mental illness.

The Stories

Wendy Matthews

"Most people don't know I have this illness... I put a lot of energy into not letting people know."

OSPREY MEDIA

Kyle Reynolds

"I just want people to know that I'm just a regular person, I mean I can function in the world but I do have limits. I'm just a normal person."

OSPREY MEDIA

Break the Silence



on Mental Illness

The Myths

- **People with mental illness are violent and dangerous.** As a group, mentally ill people are no more violent than any other group. In fact, they are far more likely to be the victims of violence than to be violent themselves.
- **People with mental illness are poor and/or less intelligent.** Many studies show that most mentally ill people have average or above-average intelligence. Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.
- **Mental illness is caused by a personal weakness.** A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill, and they are not lazy because they cannot just 'snap out of it.'
- **Mental illness is a single, rare disorder.** Mental illness is not a single disease but a broad classification for many disorders. Anxiety, depression, schizophrenia, personality disorders, eating disorders and organic brain disorders can cause misery, tears and missed opportunities for thousands of Canadians.

Who We Are

The Canadian Mental Health Association (CMHA) is one of the oldest charities in Canada. CMHA Niagara is an established and respected service in the Niagara community. CMHA Niagara has over 40 years of service to the community and is the largest mental health agency in Niagara. **We receive over 6,000 calls for help per year**, from individuals, their families and loved ones struggling with mental illness.

Counselling, housing, employment assistance, court support and public education are services **we deliver within twelve Niagara communities.**

The Volunteer Board governs operations and is composed of citizens from all over Niagara. Our diverse Board includes people from various backgrounds and experience such as: business, education, industry, social services and of course, family members and individuals living with mental illness. Two of our Past Presidents have gone on to serve as President of the Ontario Division of CMHA.