

PRESS RELEASE



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Campbellford & District Community Mental Health Centre Recognizes Mental Health Week – October 5 – 10, 2015 GET LOUD in Support of Mental Health

GET LOUD is the theme of this year's Mental Health Week from October 5 – 10, 2015. The team at Campbellford & District Community Mental Health Centre are encouraging local community members to GET LOUD – and ask for help or seek the advice of a professional to give your mental health the attention it needs and deserves.

These sentiments are echoed by Susan (not her real name), an area resident and client of Campbellford & District Community Mental Health Centre. For years, Susan silently coped with feelings of inadequacy, depression and anxiety, feeling isolated and alone in her personal despair. Mental illness runs in her family – across gender and generations. Four years ago, as she was approaching mid-life, Susan's mental health began to spiral into a place where she found herself experiencing inexplicable rage. As her anger escalated, she intuitively knew she needed the help of a professional before ultimately physically harming herself or someone close to her. At the time, she sought out the help of her family physician at Trent Hills Family Health Team who put her in touch with a local social worker. Meeting one-on-one with this individual, it was the first time in Susan's life when she was able to speak without fear of judgement about her personal struggle to achieve mental wellness.

Eventually as her treatment evolved, Susan was given several options for continued care: go outside of Trent Hills for care, seek private help or become a client of the Campbellford & District Community Mental Health Centre. Choosing the local option, Susan became a client of Kathy McLay, a counsellor with the Campbellford & Community District Community Mental Health Centre in September 2013. "Kathy has been a huge help to me. We connect really well. Thanks to her support, I am in a much better place to cope with life's challenges and to calm myself better when faced with a situation that threatens to trigger my anxiety or feed negative thoughts and feelings. I am able to cope much better than I used to. Kathy has helped me recognize that it is ok to make mistakes and not feel bad about it. This has been a huge shift for me," explains Susan.

"Susan is to be commended for the courage she is showing in sharing her story and ultimately giving others hope for improved functioning. Many people struggle in silence with their mental illness. The goal of the Campbellford & District Community Mental Health Centre is to provide a spectrum of client-centred services that are reflective of their mental health needs. Our agency provides various supportive strategies for you and your family. Our goal is to empower our clients, their families and caregivers to understand and cope with the challenges of serious mental illness, while improving the quality of their lives," says Kathy McLay, counsellor, Campbellford & District Community Mental Health Centre.

Sponsored by the Campbellford Memorial Hospital, the Mental Health Centre serves adults, 16 years of age and older, suffering from symptoms of serious mental illness that include: Mood Disorders (i.e. Clinical Depression, Bipolar Disorder, Seasonal Affective Disorder, Post-Partum Depression); Anxiety Disorders (i.e. Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder); Psychosis (i.e. Schizophrenia, Bipolar 1); and Personality Disorders (i.e. Borderline Personality Disorder). These services are helping to support the Central East LHIN's aim of strengthening the system of supports for people with Mental Health and Addictions issues so they spend more time in their homes and their communities.

“Working together, we will help you choose and follow the treatment path that is right for you. If you or someone you know is struggling with symptoms related to mental illness, then we can help,” adds Kathy. “If you or a family member is struggling with mental illness, then you are encouraged to contact the Campbellford & District Community Mental Health Centre at 705-632-2015.”

“If you are scared and you know something is not right, take the first step and ask for help,” encourages Susan, adding: “I have been afraid all of my life. I have struggled. But now I know that there are people out there who are willing to take your hand and lead you towards a path of wellness. They will be with you every step of the way. I wake up scared every day, but I know I have friends who support me and a family who loves me. Know that you can be successful in achieving greater mental wellness. You can see the sunshine again. I am grateful for the wonderful counsellor I have found in Kathy. She is there when I need her and she is a great listener. When I leave her office, I feel better. I am grateful for her support. We need more people to come out of the shadows. So if you need help, make an effort, call someone up, reach out and get loud. If I can do it; then you can do it. I am grateful that I made the first call and got the help I needed.”

Are you ready to seek the help of a professional? If you have a mental health concern, then speak with your doctor or contact the Campbellford and District Community Mental Health Centre. For direction in your work or life, speak to a professional career counsellor or human resources expert and make a career plan. To repair relationships with love ones and friends, talk to an expert and work through any issues. For financial challenges, contact a financial planner or debt advisor. Here are a few tips from the Canadian Mental Health Associate to help you achieve mental wellness:

- Be kind to yourself. Take time to relax.
- Practice positive self-talk.
- Talk about it.
- Eat well and keep active.
- Ask for help when you need it.

Tags: #GETLOUD

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