

CONCERNED ABOUT MENTAL HEALTH?

YOU ARE NOT ALONE. 1 IN 5 CANADIANS EXPERIENCE MENTAL ILLNESS.

IT CAN AFFECT ANYONE, REGARDLESS OF AGE, EDUCATION, INCOME, OR CULTURE.

MANY MORE PEOPLE HAVE QUESTIONS JUST LIKE YOU.

IT IS IMPORTANT TO ASK FOR HELP.

PRINCETON COMMUNITY HEALTH TABLE



Sites in this brochure linked to QR codes:

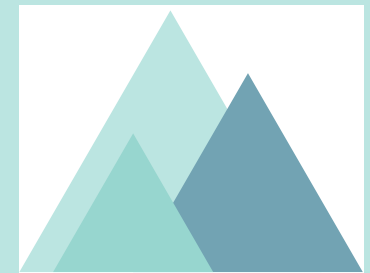
- www.anxietycanada.com/
- www.canada.ca/en/health-canada/services/healthy-living/your-health/diseases/mental-health-anxiety-disorders.html
- cmha.bc.ca/documents/depression-2
- heretohelp.bc.ca/infosheet/depression
- www.healthlinkbc.ca/health-topics/hw148751
- www.camh.ca/en/health-info/mental-illness-and-addiction-index/bipolar-disorder

Prepared by the Princeton Community Health Table & sponsored by the Support Our Health Care Society.

QR codes from me-qr.com. All images from Canva <https://www.canva.com/>

DO YOU STRUGGLE WITH YOUR MENTAL HEALTH?

You are not alone!



For immediate mental health support please call:

**310-MHSU (310-6789) (no area code)
Free-24/7**

or

**Interior Health Crisis Line Network
1-888-353-2273**

Services are additionally available for Metis individuals through the BC Metis Nation www.mnbc.ca/portal/login

QUESTIONS ABOUT ANXIETY?

Anxiety is a generalized feeling of worry and nervousness that is hard to control and that affects your daily life. For more info, check these QR links on your phone or use the websites on the back of the brochure - the Mindshift App can also be a big help.



SEARCH FOR "MINDSHIFT CBT" ON THE APP STORE FOR HELP WITH MANAGING ANXIETY



DO YOU SOMETIMES FEEL DEPRESSED OR IN DISTRESS?

Depression is a mood disorder that affects 1 in 8 Canadians. It changes the way people think and feel. Depression can make people feel worthless, helpless or hopeless. It can cause sleep and eating disturbances. Depression is very treatable, and 80% of people who receive the right treatment report no longer feeling symptoms or simply just feeling better. Check out these links for more information:



SUICIDAL IDEATION

If you ever have thoughts of self-harm or suicide, it is a medical emergency and important to **tell someone immediately**.

1-800-SUICIDE • 1-800-784-2433



For mental health and substance use services in your community or to find out if you need support, please call **310-MHSU (310-6789) (no area code)** - it's okay even if you just have questions!

BC's Distress Phone Services 1-800-784-2433 provides confidential, non-judgmental, free emotional support, 24 hours a day, 7 days a week. The phone line is available in over 140 languages using a language service.



Suicide is preventable, and you are not alone. It's never too late to ask for help

BIPOLAR DISORDER

Bipolar disorder is a condition where a person goes through cycles of mood changes. There are 3 stages of bipolar disorder:

- A high state called mania
- A low state called depression
- A well state where a person feels normal and is functioning fine

For info on bipolar disorder, check out these resources or the sites listed at the back.



SUBSTANCE USE DISORDER

This can occur when someone has a hard time controlling their relationship with substances. These can be alcohol, cannabis, or other legal and illegal drugs. please call 310-6789 (no area code).

TOXIC DRUG SUPPLY CRISIS

There are many reasons an accidental overdose can occur when using substances. The Lifeguard App is a free and confidential way to lower your risks if you are using substances alone.

DOWNLOAD THE "LIFEGUARD APP" IN THE APP STORE TO FIND HELP TODAY

