



Mental illness is a disturbance in thoughts and emotions that interferes with a person's ability to cope with the challenges of everyday life.



## Living with Mental Health Issues

Mental illness is common. Statistics show that one in every five Canadians will have a mental health problem at some point in their lives. Yet, in spite of the fact that every Canadian knows someone who has been, or will be, affected by mental illness, few people know very much about it.

It is a myth that mental illness is a weakness or defect in character and that people can get better simply by "pulling themselves up by their bootstraps." Mental illnesses are real illnesses--as real as heart disease and cancer--and they require and respond well to treatment. Mental illness can be treated. Most people make a full recovery.

### The main categories of mental illness include:

- Schizophrenia (psychosis)
- Mood Disorders (such as depression and bipolar disorder)
- Anxiety Disorders
- Personality Disorders
- Eating Disorders

### How do you know if you need help?

Sometimes the need for help is obvious, and getting it is as simple as phoning for an ambulance or a fire truck. At other times, it can be hard to admit help is needed. This is especially true when your emotions are involved. Here are some of the reasons you may decide you need help:

- You find yourself feeling overwhelmed by feelings of anger or despair, and you cannot enjoy life anymore
- You used to be healthy, but now you are always feeling a bit sick and you are missing more and more time from work
- Your finances are out of control, and you are worried about being able to pay the next month's rent or mortgage payment
- You cannot "get over" the death of someone you loved very much
- There is too much conflict at home; you are afraid your marriage may break up
- You are drinking too much or having some other kind of drug problem
- You are feeling suicidal

For more information on specific mental illnesses, please visit

[www.WithanOpenMind.com](http://www.WithanOpenMind.com)  
[www.mooddisorderscanada.ca](http://www.mooddisorderscanada.ca)



Living with  
**Mental Health Issues**



[www.norwestchc.org](http://www.norwestchc.org) • 1-866-357-5454 (toll free)

## Where to Find Help

**If you need professional help or advice, please call:**

**Thunder Bay Crisis Response Service** 346-8282  
 A 24-hour, seven day a week response telephone line and a 12 hour mobile response team.  
 1-888-269-3100  
 Trained staff are available to deal with any inquiry related to mental well-being (Call even if you need to just "talk issues out" when you feel desperate or alone).  
 - Pre-crisis support  
 - Support to family members and friends  
 - Referrals and service links to other community services  
 - Follow-up & Wellness planning  
 Bought to you by the Canadian Mental Health Association

**Other Thunder Bay Community Health Services**

**Alpha Court** 683-8200  
**Children's Centre-Thunder Bay** 343-5000  
**Beendigen** (office) 622-1121  
 (toll free) 1-888-200-9997  
**Crisis Line: 346-HELP (4357)**  
**Dilico Anishinabek Family Care** 623-8511  
**Catholic Family Development Centre** 345-7323  
**Children's Aid Society (24 hours)** 343-6100  
**Thunder Bay Counselling Centre** 684-1880  
**Lakehead Psychiatric Hospital** 343-4300  
*Diagnosis, treatment, short and long-term rehab*  
**Lutheran Community Care Centre** 345-6062  
**Sister Margaret Smith Centre** 684-5100  
**St. Joseph's Care Group**  
*(Eating Disorders & Youth Program)*  
**Thunder Bay Sexual Assault/Sexual Abuse** 344-4502

Let's **think** about  
**mental illness**



ST. JOSEPH'S CARE GROUP